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The Nuprin Pain Report

A National Study Conducted For **NUPRIN** By Louis Harris & Associates, Inc.

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THE NUPRIN PAIN REPORT

Conducted for

Nuprin

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INTRODUCTION

> "What is pain? This question has troubled philosophers and scientists since before Aristotle's time. Pain has attributes of a sensation, yet the regularity with which it makes us suffer or feel uncomfortable distinguishes it from touch and other sensations of the body. Is it then an emotion? This uncertainty about the exact nature of pain is reflected in our language. We use the term "pain" for the feeling produced when we are physically injured and also for our emotional reaction when we suffer as a consequence of unkind words or loss of a loved one."[1]

Each year the Committee on Science, Engineering, and Public Policy, the National Academy of Sciences, the National Academy of Engineering, and the Institute of Medicine publish their Research Briefings, aimed at identifying research areas of "unusual scientific opportunity." The Research Briefings 1985 lists seven areas of unusual opportunity, including "pain and pain management," and stresses the need for "research directed toward enhanced understanding of the basic biological and behaviorial phenomena, and their interactions, that underlie pain and analgesia and that lend insight for improved clinical management of pain." The Nuprin Pain Report is designed to meet this need.

Confusion about the meaning of pain has contributed to real difficulties in the area of pain research. The Research Briefing Panel on Pain and Pain Management of the National Academy of Sciences, National Academy of Engineering, and Institute of Medicine, further report that "the discomfort and suffering associated with it disturb the quality of life and can produce complex and profound alterations in behavior. As a consequence, pain is a major health problem" (p. 21).

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[1] "Research Briefings 1985," conducted for the Office of Science and Technology Policy, the National Science Foundation, and Selected Federal Departments and Agencies and prepared by the Committee on Science, Engineering, and Public Policy (a joint unit of the National Academy of Sciences, National Academy of Engineering, and Institute of Medicine) National Academy Press, Washington, D.C., 1985.

In spite of these strong views, no published national study to date has looked at the extent to which Americans suffer from pain, how it affects them, or how they cope with pain.

The Nuprin Pain Report is the first nationwide survey to provide quantitative data on:

- The prevalence and severity of different kinds of pain;
- The demographic characteristics of pain sufferers;
- The impact of pain on the work and lives of Americans;
- How people cope with pain;
- The relationship between pain and stress;
- The relationship between pain and high and low scores on the Hassles Scale;
- The relationship between pain and various health locus of control scales;
- The use and non-use of medical and other professionals in the treatment of pain; and
- The relationship between pain and different lifestyles and behavior patterns.

Overall, the Nuprin Pain Report provides the first broadly based, systematic study of the frequency, severity, and costs associated with pain. As such, it provides an important point of departure for further research into this important health care area.

The Nuprin Pain Report is based on a nationwide survey of a representative cross-section of 1,254 people aged 18 and over. In addition, separate interviews were conducted with 102 account executives and account supervisors in New York-based advertising agencies and with 63 members of the New York Stock Exchange. These two groups were studied because they both work under considerable pressure (and, it was hypothesized, with above average stress). Analysis of the pain suffered by these two groups, therefore, provides additional information about the relationship between occupation and pain.

The survey was limited to adults aged 18 and over; it does not provide any information about children.

All interviews were conducted by telephone in August and September 1985. Full details of the study design and methodology are given in Appendix A.

Cause and Effect

The survey provides correlations between the prevalence and severity of pain and many demographic and behavioral variables. When reviewing these findings, it is important not to assume a causal relationship. In some instances, pain may be partly caused by the variable examined; in some instances, pain may partly cause the behavior; and in some instances, statistical correlations may be the result of relationships with completely independent variables and not involve either cause or effect.

Further Analysis of the Survey Findings

This report includes only a small fraction of the possible analyses of the survey findings. It is hoped that academic and other students of pain will use these data for additional, secondary analysis to throw more light on the causes and treatments of pain.

Notes on Reading the Tables

An asterisk (*) on a table signifies a value of less than one-half percent (0.5%). A dash (-) represents a value of zero. Percentages may not always add to 100% because of rounding, multiple answers from respondents, or the elimination of "no answers."

Public Release of the Survey Findings

All Louis Harris and Associates surveys are designed to adhere to the code of standards of the Council of American Survey Research Organizations (CASRO) and the code of the National Council of Public Polls (NCPP). Because data from this survey will be released to the public, any release must stipulate that the complete report is also available, rather than simply an excerpt from the survey findings.

Acknowledgments

Louis Harris and Associates is indebted to Nuprin for making this research possible. In addition, the major contribution made by Dr. A. Richard Sternbach, Ph.D., is gratefully acknowledged. Dr. Sternbach is the Director of the Pain Treatment Center and ~~Head of~~ the Division of Psychology at the Scripps Clinic and Research Foundation, La Jolla. He played a major role in the design of the survey, the development of the subject matter, and the design of the questionnaire. However, final responsibility for the design and implementation of the survey and for the findings and conclusions contained in this report rests with Louis Harris and Associates, Inc.

HIGHLIGHTS OF THE SURVEY

This summary provides an overview of some of the results of the survey. Many findings described in the body of the report do not appear in this summary. Interested readers are urged to examine the body of the report to understand the full findings of this research.

The Prevalence of Pain

Most Americans experience physical pain and most experience three or four different kinds of pain every year.

Headaches are the most common type of pain. Almost 3 out of 4 American adults (73%) have suffered from one or more headaches in the last year. Among those who suffer from multiple pains, the types of pain most frequently described as "most troublesome" are backaches (16% of all adults), headaches (15%), and joint pains (11%), followed by stomach pains (6%), muscle pains (5%), premenstrual or menstrual pains (3%), and dental pains (3%).

Over half have suffered from backaches (56%), muscle pains (53%), or joint pains (51%) in the last twelve months. In addition, over 4 in 10 adults (46%) have experienced stomach pains, and 4 in 10 women (40%) have experienced premenstrual or menstrual pains. The least common type of pain is dental pain; however, fully 27% of all American adults have suffered from dental pain in the last twelve months, which represents 47 million Americans.

A Demographic Profile of Pain Sufferers

The survey shows many differences in the prevalence and severity of different pains among different demographic groups. The following are the most striking differences:

By Age. Young people are more likely to experience pain than older people. The younger people are, the more likely they are to suffer from pain. This holds true when it comes to headaches, backaches, muscle pains, stomach pains, premenstrual and menstrual pains, and dental pains. The one exception is joint pain; the prevalence of joint pains increases sharply with age.

By Sex. Women are somewhat more likely than men to experience pain; in particular, headaches are more likely to affect them and affect them frequently. They also experience backaches, joint pains, and stomach pains slightly more often than men.

By Race. White Americans are more likely to experience pain than blacks or Hispanics; in particular, they tend to suffer more often from backaches, muscle pains, and joint pains. However, white women tend to experience fewer days of premenstrual and menstrual pain than black or Hispanic women.

By Income. There are no very striking differences between the prevalence of pain in different income groups. However, those with household incomes under $15,000 are somewhat more likely to experience joint pains, while those with household incomes of $50,000 or more are somewhat more likely then others to suffer from muscle pains.

By Family History. The survey strongly suggests a genetic link with pain. Those with parents who have suffered from severe pain at some point in their lives are more likely than Americans as a whole to experience backaches, muscle pains, and joint pains.

Second or third generation Americans are more likely than their first generation counterparts to report suffering from headaches, backaches, muscle pains, and stomach pains. Dental pain is the exception. First generation Americans are more likely than second or third generation Americans to report suffering from dental pain.

The Social and Economic Consequences of Pain

For Americans with only occasional pain (defined as pain one to five days in the last year), the experience of pain tends to have a minimal effect on their day-to-day lives. Yet, for those with more than occasional pain (six or more days in the last year), the experience can severely upset daily routines, causing lost work days, interrupted sleep, and even incapacitation.

Headaches make it difficult for many individuals to watch television. Stomach and dental pains make it difficult for millions of people to enjoy their food. Backaches, muscle pains, and joint pains make it difficult to walk about. And almost all of the seven kinds of pain studied make it difficult for most of those who suffer from them to enjoy conversation (not the case for joint and muscle pain sufferers), enjoy recreational activities, and concentrate on work.

In addition, many of those experiencing more than occasional pain cannot sleep, particularly those suffering from dental pains (50%), stomach pains (41%), and backaches (40%).

The survey data also provide estimates of the number of days on which people could not work or engage in routine activities in the previous year, because of each kind of pain. In total, an estimated 4 billion sick days were lost by all adults (approximately 23 days per person). Among the full-time working population, an estimated 550 million days were lost (approximately five days per person) in the previous year.

These numbers reflect a massive social cost to the quality of life of Americans and a massive loss of production to the economy.

Pain and Stress and the Relationship Between Pain and the Hassles Scale

This study investigated the relationship between stress and pain, and the hypothesis is that the more stress an individual experiences, the more likely he or she will experience pain.

This hypothesis is confirmed by the survey findings; the research found a positive relationship between stress and pain. People who experience greater stress are much more likely to suffer from headaches, backaches, muscle pains, joint pains, stomach pains, and premenstrual and menstrual pains than people who experience less stress. What's more, people under great stress tend to suffer from each type of pain more frequently than others.

The survey does not suggest that stress is particularly associated with some kinds of pain rather than with others. All seven kinds of pain studied are strongly correlated with high stress.

There are three sets of data in the survey associating stress with pain.

(1) Self-Reported Stress. The data show clearly that stress is a fact of modern American life. Fully 46% of all Americans report experiencing stress one or more times a week, 35% say less often than once a week, and only 16% of all Americans say they never experience stress.

(2) Stress as a Spontaneously Mentioned Cause of Pain. Not surprisingly, pain sufferers are well aware that stress is often a cause of their pain. In fact, the largest percentage of headache, stomach pain, and premenstrual or menstrual pain sufferers cite stress as the single most important cause of their pain.

(3) The Hassles Scale. This is the first nationwide survey to measure how many Americans are affected by a variety of different stressful "hassles." An abbreviated version of the Hassles Scale -- with twenty-two items -- was used to provide an objective measure of stress. According to the authors of this scale, "Hassles are the irritating, frustrating, distressing demands that to some degree characterize everyday transactions with the environment." Hassles are minor stressful events that can affect an individual's physical and mental health.

High levels of self-reported stress and high scores on the Hassles Scale are both highly correlated with the prevalence and severity of all kinds of pain studied. Individuals reporting high levels of stress and those with lots of hassles are both more likely to report having severe or unbearable pain, while the low stress and few hassles groups are more likely to report slight or moderate pain.

Pain and Work

There are many findings that indicate a relationship between pain and work -- some relationships are positive, some are negative.

People who are unemployed are more likely to experience backaches and dental pains. Those who are retired are less likely to experience headaches, muscle pains, stomach pains, and dental pains, but are more likely to have joint pains. Full-time workers are more likely to have muscle pains.

Working mothers are more likely than homemakers to experience stomach pains, premenstrual and menstrual pains, headaches, and dental pains.

People who work regularly with video display terminals are slightly more likely to experience pain than the population as a whole. Virtually all video display terminal users are 65 years of age and under, and users are also slightly more likely to experience pain than all Americans 65 and under. Users suffer somewhat more often from headaches and stomach pains, but suffer less often from joint pains.

Some occupational groups do not differ substantially from the norm. It is noteworthy that the prevalence of pain among lower level white collar workers (clerical/sales and service personnel) and among skilled labor is very similar.

Among the two special samples surveyed (in addition to the national cross-section), there are some interesting differences. Advertising executives have a slightly higher than average likelihood of some pains, and of headaches and dental pains, in particular. Members of the New York Stock Exchange, on the other hand, are less likely to suffer from pain of all kinds; indeed, they are less likely to suffer from all pains than are all other occupational groups studied.

The members of the Stock Exchange are particularly interesting in that they report a very high level of stress but have an extraordinarily low score on the Hassles Scale. These findings suggest a group working under great stress but with exceptional ability to deal with it, which may explain their very low prevalence of pain.

The Relationship Between Pain and Lifestyles

The survey provides new data on the relationship between pain and a number of lifestyle and behavioral variables.

In general, people who exercise three or more days a week, who do not smoke, who drink little or not at all, or who do not watch television experience less pain than people who do not exercise, who drink (particularly those who drink more heavily), or who watch a lot of television.

Joggers tend to have muscle and menstrual pains more often than non-joggers, but suffer less often from backaches and joint pains.

Smokers are more likely than non-smokers to experience stomach pains, and their pains generally tend to be more severe.

Heavy drinkers have a higher prevalence of pain than light drinkers, and light drinkers have a higher prevalence of pain than non-drinkers. Headaches and stomach pains, in particular, are more common among drinkers.

There are very large differences between heavy television viewers and non-viewers. In particular, heavy television viewers are more likely to experience headaches, backaches, and joint pains.

How People Cope With Pain

Most people seek professional advice or treatment when they experience more than just occasional pain. Over half have seen a medical doctor, compared with 18% who have visited a chiropractor and 12% who have visited a pharmacist. Only 3% have consulted a pain specialist or nutritionist, and just 2% have consulted an acupuncturist or a spiritual counselor or faith healer about their pain. Among headache and dental pain sufferers, 23% have seen a dentist for their pain.

The more severe the pain, the more likely a person is to seek professional advice. Similarly, the largest percentage of pain sufferers who decide not to seek professional advice say that the primary reason is because their pain was not severe enough. Moreover, all of those with unbearable pain have consulted a professional (82% have consulted a doctor).

Of those with more than an occasional pain who have consulted a doctor, 4 in 10 pain sufferers say the doctor recommended prescription drugs for relief of their pain. Almost 2 in 10 pain sufferers report that their doctor recommended non-prescription drugs for pain relief.

In addition, 18% say their doctor recommended exercise, 10% say diet, 9% mention heat/cold treatments, and 7% say meditation or other relaxation techniques. A small percentage of pain sufferers say their doctor even recommended TENS (or electrical stimulation) or biofeedback. However, no patients say their doctor recommended hypnosis.

Among pain sufferers who have consulted a medical doctor, a majority (73%) say their doctor has been very or somewhat successful in relieving their pain. The same assessment has been made by roughly 7 in 10 of those who have consulted a chiropractor (70%), nutritionist (69%), dentist (67%), or pain specialist (65%).

I-1: TYPES OF PAIN AMERICANS HAVE EXPERIENCED IN THE LAST 12 MONTHS

This study documents -- for the first time -- the extent to which different Americans suffer from different types of pain. The most common type of pain is headache pain. Almost 3 out of 4 Americans (73%) have suffered from one or more headaches in the last year. Over half have suffered from backaches (56%), muscle pains (53%), and joint pains (51%) in the last year. More than 4 in 10 American adults have experienced stomach pains (46%), and 4 in 10 women have experienced premenstrual or menstrual pains (40%) in the last year. The least common type of pain is dental pain: only 27% of all Americans have suffered from dental pain in the last twelve months (Table 1).

For many Americans, pain is only an occasional problem. The following groups of pain sufferers say that they experienced their pain for only 1-5 days in the past year:

-- 68% of those who have suffered some dental pain in the past year;

-- 54% of stomach pain sufferers;

-- 41% of headache sufferers;

-- 40% of muscle pain suffers;

-- 39% of of backache sufferers;

-- 34% of joint pain sufferers; and

-- 32% of premenstrual or menstrual pain sufferers.

For a small percentage of Americans, however, pain assumes a pervasive role in their lives. The following pain sufferers say they've had their pain for more than 100 days in the past year:

-- 19% of those who have had some joint pain in the past year;

- -- 16% of those who have had backaches;
- -- 10% of those who have had muscle pain;
- -- 7% of those who have had headaches; and
- -- 6% of those who have had stomach pain.

In addition, 48% of all women who have suffered at least some premenstrual or menstrual pain in the past year report having pain for 11 days or more during that period, suggesting that these women might suffer from pain each and every month of the year.

Headache

While headache sufferers are found among all age groups, the percentage who have experienced headaches in the last year drops sharply with age -- 85% of those 18 to 24 years say they have had one or more headaches in the past year, compared with only 50% of those 65 and over (Table 2).

By 10-point margins, women are more likely than men and whites are more likely than blacks to have suffered from headaches in the last year. By a 9-point margin, Easterners are more likely than Westerners to have suffered from this type of pain.

College graduates (77%) tend to report headaches more so than those with only some high school education (68%). However, those in the highest income bracket ($50,000 or more) are no more likely than those in the lowest bracket ($7,500 or less) to say they have experienced headaches in the last year. Interestingly, those earning between $15,000 and $50,000 are the most likely to report headaches in the last year.

Generation is also an important factor in the number of headaches typically reported by Americans. Seventy-eight percent of second generation

Americans have experienced headaches in the past year, compared with 73% of third generation, and only 62% of first generation Americans.

Interestingly, homemakers (77%) are just as likely to have experienced headaches as people in professional and managerial positions (76%), skilled laborers (77%), clerical workers (78%), and unskilled laborers (79%). Moreover, homemakers are more likely to have had headaches than those in a profession that is traditionally considered to be extremely high-pressured -- floor traders on the New York Stock Exchange. On the other hand, working mothers (86%) and advertising executives (84%) are both more likely to report headaches than homemakers.[1]

Lastly, people who work with video display terminals (84%) are somewhat more likely than Americans under 65 years of age to have suffered from headaches (78%).

Backache

Backache shows a pattern similar to headache in that the percentage who say they have experienced backaches in the past year drops with age. Specifically, 63% of those in the 18-to-24 age group say they have had one or more backaches, compared with only 49% of those 65 and over. Among this older age group, however, backache appears to be more of an ongoing problem -- 16% of all older Americans have had backaches for 101 or more days in the last year. Only 6% of 18-24 year olds have been afflicted for this many days (Table 3).

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[1] See footnote to Table 2 (page 23) for an explanation of the floor trader and advertising executive samples.

By 13- and 11-point margins, respectively, whites are more likely than both blacks and Hispanics to report having suffered from backaches in the last year. Also, a larger percentage of Americans of second (55%) and third (56%) generation derivation say they have suffered from backaches in the last year, in comparison with their first generation counterparts (44%). Those whose parents have suffered severe pain at some time in their lives (63%) are also more likely than the American population as a whole to report backaches in the last year (56%).

In contrast to headache sufferers, however:

-- College graduates are less likely than those with only some high school education to have suffered from backaches in the last year (51 versus 61%);

-- Easterners are no more likely than Westerners to have suffered from backaches in the last twelve months (57% versus 56%);

-- Women are only slightly more likely than men to have experienced backaches in the last twelve months (57% versus 53%);

-- Working mothers are no more likely than homemakers to have experienced backaches (58% versus 56%); and

-- People who work with video display terminals are no more likely than Americans under 65 years of age to have suffered from backaches in the last year (59% versus 57%).

Muscle Pain

As in the case of headache and backache, the percentage of Americans who have experienced muscle pains in the last year also drops with age: here, 62% of those 18 to 24 say they have had muscle pains for at least one day, as compared with only 42% of those 65 and over (Table 4).

By and 18-point margin, whites are more likely than blacks to say they have had muscle pains, and by a 19-point margin, they are more likely than Hispanics to report having had them. Also, a larger percentage of second-generation (57%) than first-generation Americans (46%) report having suffered from muscle pains in the last year, and those whose parents have suffered severe pain at some point in their lives (61%) are more likely than Americans as a whole (53%) to make the same claim.

College graduates (58%) show a greater tendency than those who have only had some high school education (44%) to have suffered from muscle pain. And those with incomes of $50,001 and over (61%) are more likely than those with incomes of $7,500 or less (52%) to have suffered from muscle pain.

Westerners (55%) are no more likely than Easterners (52%) to have suffered from muscle pains in the last year. Working mothers are also no more likely than homemakers to say they have had this type of pain (56 and 53%, respectively). However, people who work with video display terminals are more likely than Americans under the age of 65 to suffer from muscle pains (64 and 55%, respectively).

Joint Pain

Joint pain sufferers contrast sharply with those who report headache, backache, and muscle pains. The percentage of Americans saying they have experienced joint pains in the last year increases dramatically with age. Fully 7 in 10 (71%) who are 65 years and over say they have had joint pains in the last year, and over 2 in 10 elderly Americans (22%) say they have had such pains 101 days or more over this time period. Only 41% of those aged 18 to 24 report joint pains, with only 2% of this age group saying they have experienced joint pains for 101 days or more in the last twelve months (Table 5).

Those with less education and lower incomes are more likely than others to have suffered from joint pain in the past year. Moreover, whites are more likely than Hispanics, and children whose parents have had severe pain at some point in their lives are more likely than others to report having had joint pains in the past twelve months.

Stomach Pain

The proportion of Americans who have experienced stomach pains in the last year drops sharply with age (Table 6). In fact, those aged 18 to 24 are twice as likely as those aged 65 and over to have experienced stomach pains (62% versus 31%).

College graduates are more likely than those who have had only some high school education to say they have suffered from stomach pains in the past year (49% versus 38%). However, those with high incomes are no more likely than those with lower incomes to say they have suffered from such pains.

Certain other groups of Americans are particularly likely to say they have had stomach pains in the past year:

-- Second-generation (50%) and third-generation (46%) Americans (compared with 36% of first-generation Americans);

-- Working mothers (62%, compared with 37% of homemakers); and

-- Video display terminal operators (57%, compared with 50% of Americans under the age of 65).

Premenstrual or Menstrual Pain

Forty percent of all adult women report suffering from premenstrual or menstrual pain in the last year. However, this figure includes half (49%) of all women under the age of 65, and 62% of all women under 50 years of age (Table 7).

Better educated women and women with higher incomes are more likely than others to have suffered such pain.

In addition, working mothers (60%) are far more likely than homemakers (39%) to have suffered from this type of pain. Those with children living in the household (59%) and women who work with video display terminals (66%) are both more likely than women 65 and under (49%) to have had premenstrual or menstrual pain.

Dental Pain

The percentage of Americans who have experienced dental pain in the last year drops dramatically with age, with 36% of those aged 18 to 24 saying they have suffered from dental pain, in contrast to only 14% of those aged 65 and over (Table 8).

First-generation Americans (35%) are most likely to have had dental pain, followed by second-generation Americans (29%). Americans who are at least third-generation (24%) are least likely to have suffered from dental pain. Working mothers (29%) are more likely than homemakers (19%) to have suffered from dental pain, and advertising executives (38%) are the most likely of all occupational groups to have suffered from this type of pain in the last year.

Q.2a

Table 1

THE TYPES OF PAIN AMERICANS HAVE EXPERIENCED IN THE PAST 12 MONTHS

Base: Total

Q.: Now, I'd like to read you a short list of different kinds of pain. Please say for each one, on roughly how many days -- if any -- in the last 12 months you have had that type of pain. How many days in the last year have you had (READ EACH ITEM)?

		Total Percentage Who Have Had Pains 1 or More Days	Number of Days Have Had Pains						
Base: 1,254			1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Headaches	%	73	30	14	16	8	5	26	1
Backaches	%	56	22	7	12	6	9	43	1
Muscle pains	%	53	21	11	11	5	5	45	1
Joint pains	%	51	17	7	11	6	10	48	1
Stomach pains	%	46	25	8	8	2	3	52	1
Premenstrual or menstrual pains[1]	%	40	13	8	16	3	*	57	2
Dental pains	%	27	18	3	4	1	1	74	*
Other types of pain	%	6	2	1	1	1	1	94	*

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*Less than 0.5%.

[1] Percentage of women with premenstrual or menstrual pains.

Q.2a

Table 2

PROFILE OF AMERICANS WHO HAVE EXPERIENCED HEADACHES IN THE PAST 12 MONTHS

Base: Total

Q.: Now, I'd like to read you a short list of different kinds of pain. Please say for each one, on roughly how many days -- if any -- in the last 12 months you have had that type of pain. How many days in the last year have you had (READ EACH ITEM)?

			Total Percentage Who Have Had Headaches 1 or More Days	Number of Days Have Had Headaches						
	Base			1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Total	1254	%	73	30	14	16	8	5	26	1
Age										
18-24 years	188	%	85	35	15	20	11	4	14	-
25-34 years	291	%	83	27	18	21	12	5	17	-
35-49 years	342	%	75	35	14	14	6	6	26	-
50-64 years	249	%	68	31	14	13	5	5	31	1
65 and over	179	%	50	22	10	10	3	5	48	2
Sex										
Male	629	%	68	33	13	15	5	2	31	-
Female	625	%	78	28	16	17	10	7	21	1
Education										
Some high school	220	%	68	30	11	12	8	7	30	2
High school graduate	439	%	73	30	15	16	8	4	26	*
Some college	219	%	78	32	16	17	7	6	22	-
College graduate or more	376	%	77	30	18	19	7	3	24	-
Income										
$7,500 or less	154	%	72	34	8	15	7	8	27	1
$7,501-$15,000	188	%	71	26	13	18	9	5	29	*
$15,001-$25,000	234	%	78	31	17	15	9	6	22	*
$25,001-$35,000	229	%	79	28	22	15	8	5	22	-
$35,001-$50,000	188	%	77	32	16	22	4	3	24	-
$50,001 or over	126	%	70	33	10	17	6	4	29	-
Race										
White	1065	%	74	30	15	16	8	5	24	1
Black	108	%	64	28	11	15	4	6	36	-
Hispanic	81	%	71	34	12	12	6	7	30	-

(Continued)

Q.2a

Table 2 (Continued)

PROFILE OF AMERICANS WHO HAVE EXPERIENCED HEADACHES IN THE PAST 12 MONTHS

Base: Total

	Base		Total Percentage Who Have Had Headaches 1 or More Days	Number of Days Have Had Headaches						
				1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Size of Place										
Urban	380	%	72	31	15	16	5	5	27	*
Suburban	574	%	75	31	14	17	8	5	25	*
Rural	300	%	71	28	14	14	10	5	27	1
Region										
East	314	%	78	32	17	18	7	4	23	2
Midwest	311	%	74	30	17	14	10	3	25	-
South	389	%	74	31	12	17	6	8	26	1
West	240	%	69	28	13	14	9	5	32	-
Religion										
Protestant	727	%	72	31	13	17	6	5	26	1
Catholic	342	%	74	26	17	15	11	5	26	*
Generation in U.S.										
First	102	%	62	29	13	10	6	4	34	2
Second	343	%	78	32	17	15	8	5	23	-
Third or more	772	%	73	30	13	17	8	5	26	1
Children in household	474	%	79	30	14	18	11	6	21	-
Parents have ever had severe pain	537	%	79	29	14	19	10	7	21	1
Use video display terminal	179	%	84	35	15	20	10	4	17	-
Employment										
Employed full-time	686	%	77	34	15	16	8	4	24	-
Employed part-time	129	%	78	28	16	22	8	4	22	-
Unemployed	56	%	79	24	21	15	10	9	20	-
Retired	175	%	48	22	11	9	3	3	51	1

(Continued)

Q.2a

Table 2 (Continued)

PROFILE OF AMERICANS WHO HAVE EXPERIENCED HEADACHES IN THE PAST 12 MONTHS

Base: Total

	Base		Total Percentage Who Have Had Headaches 1 or More Days	Number of Days Have Had Headaches						
				1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Occupation										
Homemaker	127	%	77	28	17	18	9	5	19	3
Working mother	129	%	86	27	15	18	15	11	13	-
Advertising executive[1]	102	%	84	24	17	19	12	2	17	-
Floor trader[1]	63	%	59	29	14	8	3	5	40	2
Professional/managerial/ proprietor	293	%	76	32	16	19	6	3	24	-
Clerical/sales/service	281	%	78	28	15	20	9	6	22	-
Skilled labor	136	%	77	34	16	13	9	5	23	-
Unskilled labor	83	%	79	47	13	10	8	1	21	-

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*Less than 0.5%.

[1] On this table and throughout the report, advertising executives and floor traders are included as special samples which were interviewed in addition to the national cross-section of 1,254 respondents. They are specifically cited in subgroup analysis, but they are excluded in analysis concerning the national population.

Q.2a

Table 3

PROFILE OF AMERICANS WHO HAVE EXPERIENCED BACKACHES IN THE PAST 12 MONTHS

Base: Total

Q.: Now, I'd like to read you a short list of different kinds of pain. Please say for each one, on roughly how many days -- if any -- in the last 12 months you have had that type of pain. How many days in the last year have you had (READ EACH ITEM)?

			Total Percentage Who Have Had Backaches	Number of Days Have Had Backaches						
	Base		1 or More Days	1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Total	1254	%	56	22	7	12	6	9	43	1
Age										
18-24 years	188	%	63	30	7	15	5	6	37	-
25-34 years	291	%	59	26	9	12	7	5	42	-
35-49 years	342	%	53	20	7	14	5	7	47	*
50-64 years	249	%	56	17	6	12	9	12	43	1
65 and over	179	%	49	15	5	8	5	16	46	5
Sex										
Male	629	%	53	21	7	12	6	7	46	*
Female	625	%	57	22	7	12	6	10	40	2
Education										
Some high school	220	%	61	15	8	15	8	15	36	3
High school graduate	439	%	55	25	5	12	6	7	45	*
Some college	219	%	58	25	11	11	4	7	42	-
College graduate or more	376	%	51	22	7	11	6	5	48	*
Income										
$7,500 or less	154	%	55	20	4	12	7	12	43	1
$7,501-$15,000	188	%	63	22	8	15	6	12	36	*
$15,001-$25,000	234	%	61	26	7	11	8	9	38	*
$25,001-$35,000	229	%	56	21	9	14	7	5	44	*
$35,001-$50,000	188	%	50	22	8	11	5	4	51	-
$50,001 or over	126	%	51	22	5	11	6	7	49	-
Race										
White	1065	%	59	22	8	13	6	10	41	1
Black	108	%	46	23	5	11	4	3	53	-
Hispanic	81	%	48	21	4	7	10	6	51	1

(Continued)

Q.2a

Table 3 (Continued)

PROFILE OF AMERICANS WHO HAVE EXPERIENCED BACKACHES IN THE PAST 12 MONTHS

Base: Total

	Base		Total Percentage Who Have Had Backaches 1 or More Days	Number of Days Have Had Backaches						
				1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Size of Place										
Urban	380	%	58	23	7	11	5	7	45	1
Suburban	574	%	58	21	8	13	7	9	41	1
Rural	300	%	53	22	4	11	6	10	45	2
Region										
East	314	%	57	22	8	13	5	9	42	1
Midwest	311	%	55	23	7	11	7	7	44	1
South	389	%	56	23	5	13	5	10	42	1
West	240	%	56	17	9	12	8	10	43	-
Religion										
Protestant	727	%	57	21	7	12	7	10	42	1
Catholic	342	%	54	23	6	12	5	8	45	1
Generation in U.S.										
First	102	%	44	17	4	10	7	6	53	2
Second	343	%	55	24	10	10	6	5	43	1
Third or more	772	%	56	21	6	13	6	10	43	1
Children in household	474	%	55	22	6	14	7	6	44	*
Parents have ever had severe pain	537	%	63	24	7	13	8	11	36	1
Use video display terminal	179	%	59	26	13	11	5	4	41	-
Employment										
Employed full-time	686	%	55	26	6	13	6	4	44	*
Employed part-time	129	%	57	19	12	13	6	7	40	2
Unemployed	56	%	60	20	7	17	6	10	39	-
Retired	175	%	50	15	5	10	4	16	48	2

(Continued)

Q.2a

Table 3 (Continued)

PROFILE OF AMERICANS WHO HAVE EXPERIENCED BACKACHES IN THE PAST 12 MONTHS

Base: Total

				Number of Days Have Had Backaches						
	Base		Total Percentage Who Have Had Backaches 1 or More Days	1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Occupation										
Homemaker	127	%	56	19	13	9	7	8	41	4
Working mother	129	%	58	23	5	19	6	5	43	*
Advertising executive	102	%	59	28	11	10	7	3	41	-
Floor trader	63	%	39	17	6	8	6	2	60	-
Professional/managerial/ proprietor	293	%	54	25	7	12	6	4	44	-
Clerical/sales/service	281	%	60	24	9	16	7	4	40	*
Skilled labor	136	%	58	24	9	13	6	6	42	-
Unskilled labor	83	%	51	25	1	14	5	6	49	-

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*Less than 0.5%.

Q.2a

Table 4

PROFILE OF AMERICANS WHO HAVE EXPERIENCED MUSCLE PAINS IN THE PAST 12 MONTHS

Base: Total

Q.: Now, I'd like to read you a short list of different kinds of pain. Please say for each one, on roughly how many days -- if any -- in the last 12 months you have had that type of pain. How many days in the last year have you had (READ EACH ITEM)?

	Base		Total Percentage Who Have Had Muscle Pains 1 or More Days	Number of Days Have Had Muscle Pains						
				1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Total	1254	%	53	21	11	11	5	5	45	1
Age										
18-24 years	188	%	62	24	15	11	8	4	38	-
25-34 years	291	%	60	24	15	12	5	4	40	-
35-49 years	342	%	59	29	10	11	3	6	41	1
50-64 years	249	%	42	15	6	10	6	5	56	3
65 and over	179	%	42	12	7	9	6	8	55	3
Sex										
Male	629	%	54	21	11	11	6	5	45	1
Female	625	%	53	22	11	10	5	5	46	1
Education										
Some high school	220	%	44	14	10	8	5	7	53	2
High school graduate	439	%	56	23	10	12	6	5	43	1
Some college	219	%	56	25	10	12	4	5	44	*
College graduate or more	376	%	58	26	12	11	5	4	41	1
Income										
$7,500 or less	154	%	52	15	13	9	6	9	48	1
$7,501-$15,000	188	%	51	20	12	11	4	4	48	1
$15,001-$25,000	234	%	57	20	10	14	7	6	42	1
$25,001-$35,000	229	%	52	22	9	10	6	5	46	1
$35,001-$50,000	188	%	54	26	9	11	3	5	45	1
$50,001 or over	126	%	61	27	10	14	5	5	38	-
Race										
White	1065	%	56	23	11	11	6	5	42	1
Black	108	%	38	18	5	8	3	4	60	2
Hispanic	81	%	37	11	14	5	2	5	63	-

(Continued)

Q. 2a

Table 4 (Continued)

PROFILE OF AMERICANS WHO HAVE EXPERIENCED MUSCLE PAINS IN THE PAST 12 MONTHS

Base: Total

	Base		Total Percentage Who Have Had Muscle Pains 1 or More Days	Number of Days Have Had Muscle Pains						
				1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Size of Place										
Urban	380	%	53	24	11	9	5	4	46	1
Suburban	574	%	55	22	11	12	5	5	43	2
Rural	300	%	50	17	9	12	6	6	50	*
Region										
East	314	%	52	21	9	12	7	3	46	2
Midwest	311	%	56	24	13	8	5	6	43	1
South	389	%	52	21	10	11	4	6	48	1
West	240	%	55	20	11	12	7	5	43	1
Religion										
Protestant	727	%	52	22	9	10	6	5	47	1
Catholic	342	%	54	24	11	11	4	4	45	1
Generation in U.S.										
First	102	%	46	19	11	9	3	4	52	2
Second	343	%	57	24	11	11	6	5	42	1
Third or more	772	%	51	20	10	11	5	5	47	1
Children in household	474	%	55	25	12	10	4	4	44	*
Parents have ever had severe pain	537	%	61	22	12	14	6	7	37	1
Use video display terminal	179	%	64	34	8	12	7	3	36	1
Employment										
Employed full-time	686	%	54	24	10	11	5	4	44	1
Employed part-time	129	%	66	27	16	10	10	3	34	-
Unemployed	56	%	48	18	8	13	5	4	52	-
Retired	175	%	37	11	6	8	4	8	60	3

(Continued)

Q. 2a

Table 4 (Continued)

PROFILE OF AMERICANS WHO HAVE EXPERIENCED MUSCLE PAINS IN THE PAST 12 MONTHS

Base: Total

	Base	Total Percentage Who Have Had Muscle Pains 1 or More Days	Number of Days Have Had Muscle Pains						
			1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Occupation									
Homemaker	127	% 53	23	17	8	1	4	46	1
Working mother	129	% 56	32	11	6	4	3	44	*
Advertising executive	102	% 54	23	11	15	2	3	47	-
Floor trader	63	% 39	14	13	8	2	2	60	2
Professional/managerial/ proprietor	293	% 63	28	13	13	5	4	37	1
Clerical/sales/service	281	% 55	26	10	10	6	3	44	1
Skilled labor	136	% 52	17	11	14	7	3	49	-
Unskilled labor	83	% 58	29	11	8	7	3	40	2

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*Less than 0.5%.

Q.2a

Table 5

PROFILE OF AMERICANS WHO HAVE EXPERIENCED JOINT PAINS IN THE PAST 12 MONTHS

Base: Total

Q.: Now, I'd like to read you a short list of different kinds of pain. Please say for each one, on roughly how many days -- if any -- in the last 12 months you have had that type of pain. How many days in the last year have you had (READ EACH ITEM)?

				Number of Days Have Had Joint Pains						
	Base		Total Percentage Who Have Had Joint Pains 1 or More Days	1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Total	1254	%	51	17	7	11	6	10	48	1
Age										
18-24 years	188	%	41	19	7	9	4	2	59	*
25-34 years	291	%	49	19	8	11	6	5	52	-
35-49 years	342	%	47	18	6	12	3	8	52	1
50-64 years	249	%	58	15	6	10	10	17	40	2
65 and over	179	%	71	14	7	10	18	22	37	2
Sex										
Male	629	%	49	18	8	11	4	8	50	1
Female	625	%	53	17	5	11	8	12	47	1
Education										
Some high school	220	%	58	16	7	13	6	16	40	3
High school graduate	439	%	50	18	7	11	6	8	49	1
Some college	219	%	44	15	6	10	4	9	57	-
College graduate or more	376	%	46	18	6	9	6	7	52	*
Income										
$7,500 or less	154	%	55	16	5	12	8	14	45	-
$7,501-$15,000	188	%	58	19	7	12	6	14	41	2
$15,001-$25,000	234	%	49	13	7	12	7	10	49	1
$25,001-$35,000	229	%	49	17	7	13	4	8	51	1
$35,001-$50,000	188	%	50	21	8	10	4	7	49	1
$50,001 or over	126	%	40	19	2	4	9	6	59	1
Race										
White	1065	%	52	17	7	11	7	10	47	1
Black	108	%	47	24	3	7	3	10	52	-
Hispanic	81	%	36	12	6	9	4	5	64	-

(Continued)

Q.2a

Table 5 (Continued)

PROFILE OF AMERICANS WHO HAVE EXPERIENCED JOINT PAINS IN THE PAST 12 MONTHS

Base: Total

	Base		Total Percentage Who Have Had Joint Pains 1 or More Days	Number of Days Have Had Joint Pains						
				1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Size of Place										
Urban	380	%	48	20	6	9	5	8	52	1
Suburban	574	%	52	17	8	12	6	9	47	1
Rural	300	%	52	15	6	11	7	13	47	1
Region										
East	314	%	51	19	5	10	7	10	48	2
Midwest	311	%	54	20	7	11	6	10	46	-
South	389	%	50	15	7	11	6	11	50	2
West	240	%	49	15	9	12	5	8	50	*
Religion										
Protestant	727	%	50	16	6	11	6	11	48	1
Catholic	342	%	53	21	7	9	7	9	47	1
Generation in U.S.										
First	102	%	46	17	5	11	6	7	52	2
Second	343	%	48	16	8	12	6	6	52	*
Third or more	772	%	52	18	6	10	6	12	47	1
Children in household	474	%	48	19	6	12	5	6	52	1
Parents have ever had severe pain	537	%	60	19	8	13	8	12	40	1
Use video display terminal	179	%	42	20	5	8	6	3	59	-
Employment										
Employed full-time	686	%	49	21	6	11	5	6	50	1
Employed part-time	129	%	46	14	6	10	6	10	54	-
Unemployed	56	%	50	8	17	14	6	5	49	-
Retired	175	%	57	14	6	11	6	20	42	1

(Continued)

Q.2a

Table 5 (Continued)

PROFILE OF AMERICANS WHO HAVE EXPERIENCED JOINT PAINS IN THE PAST 12 MONTHS

Base: Total

	Base		Total Percentage Who Have Had Joint Pains 1 or More Days	Number of Days Have Had Joint Pains						
				1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Occupation										
Homemaker	127	%	50	17	6	9	11	7	47	2
Working mother	129	%	48	21	5	13	3	6	52	-
Advertising executive	102	%	46	19	8	13	2	4	54	1
Floor trader	63	%	41	10	10	10	5	6	60	-
Professional/managerial/ proprietor	293	%	47	19	7	11	5	5	52	*
Clerical/sales/service	281	%	48	22	4	9	6	7	52	-
Skilled labor	136	%	53	17	7	17	5	7	47	-
Unskilled labor	83	%	51	22	8	8	2	11	47	2

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*Less than 0.5%.

Q.2a

Table 6

PROFILE OF AMERICANS WHO HAVE EXPERIENCED STOMACH PAINS IN THE PAST 12 MONTHS

Base: Total

Q.: Now, I'd like to read you a short list of different kinds of pain. Please say for each one, on roughly how many days -- if any -- in the last 12 months you have had that type of pain. How many days in the last year have you had (READ EACH ITEM)?

			Total Percentage Who Have Had Stomach Pains 1 or More Days	Number of Days Have Had Stomach Pains						
	Base			1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Total	1254	%	46	25	8	8	2	3	52	1
Age										
18-24 years	188	%	62	31	14	10	3	4	37	-
25-34 years	291	%	55	33	9	10	1	2	45	-
35-49 years	342	%	48	29	7	8	1	3	51	1
50-64 years	249	%	32	16	6	7	3	*	65	2
65 and over	179	%	31	12	5	5	4	5	67	2
Sex										
Male	629	%	45	27	8	6	2	2	55	1
Female	625	%	49	24	8	10	3	4	50	1
Education										
Some high school	220	%	38	16	7	7	4	4	60	2
High school graduate	439	%	50	26	9	10	2	3	48	1
Some college	219	%	48	27	8	9	2	2	52	*
College graduate or more	376	%	49	34	7	5	2	1	50	*
Income										
$7,500 or less	154	%	48	21	9	11	4	3	53	-
$7,501-$15,000	188	%	49	22	8	12	4	3	51	1
$15,001-$25,000	234	%	47	28	7	7	1	4	51	1
$25,001-$35,000	229	%	42	26	6	7	2	1	57	*
$35,001-$50,000	188	%	50	31	9	7	1	2	49	*
$50,001 or over	126	%	50	31	8	6	3	2	49	-
Race										
White	1065	%	46	24	8	8	3	3	52	1
Black	108	%	48	35	3	8	1	1	51	1
Hispanic	81	%	45	20	14	7	2	2	55	-

(Continued)

Q.2a

Table 6 (Continued)

PROFILE OF AMERICANS WHO HAVE EXPERIENCED STOMACH PAINS IN THE PAST 12 MONTHS

Base: Total

	Base		Total Percentage Who Have Had Stomach Pains 1 or More Days	Number of Days Have Had Stomach Pains						
				1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Size of Place										
Urban	380	%	47	27	8	8	2	2	52	*
Suburban	574	%	49	27	8	8	3	3	52	1
Rural	300	%	44	20	9	9	2	4	54	2
Region										
East	314	%	47	24	9	10	2	2	51	2
Midwest	311	%	50	26	8	10	3	3	49	1
South	389	%	45	27	7	7	1	3	55	1
West	240	%	45	23	7	6	4	5	55	-
Religion										
Protestant	727	%	44	24	7	8	2	3	55	2
Catholic	342	%	47	26	8	8	2	3	52	-
Generation in U.S.										
First	102	%	36	21	6	5	1	3	62	2
Second	343	%	50	27	8	11	2	2	49	-
Third or more	772	%	46	25	8	8	2	3	53	1
Children in household	474	%	53	29	11	9	2	2	47	1
Parents have ever had severe pain	537	%	54	26	9	11	4	4	45	1
Use video display terminal	179	%	57	29	12	11	4	1	44	-
Employment										
Employed full-time	686	%	48	28	8	8	2	2	51	1
Employed part-time	129	%	61	36	10	9	4	2	38	1
Unemployed	56	%	57	38	5	6	2	6	43	-
Retired	175	%	28	14	5	2	4	3	70	1

(Continued)

Q.2a

Table 6 (Continued)

PROFILE OF AMERICANS WHO HAVE EXPERIENCED STOMACH PAINS IN THE PAST 12 MONTHS

Base: Total

	Base		Total Percentage Who Have Had Stomach Pains 1 or More Days	Number of Days Have Had Stomach Pains						
				1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Occupation										
Homemaker	127	%	37	15	10	10	-	2	61	2
Working mother	129	%	62	33	13	12	3	1	37	*
Advertising executive	102	%	48	27	15	5	6	4	42	1
Floor trader	63	%	39	19	5	10	2	3	63	-
Professional/managerial/ proprietor	293	%	50	30	10	7	2	1	50	-
Clerical/sales/service	281	%	53	28	9	12	2	2	46	1
Skilled labor	136	%	49	30	10	5	1	3	51	-
Unskilled labor	83	%	54	38	5	4	5	2	45	-

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*Less than 0.5%.

Q.2a

Table 7

PROFILE OF AMERICANS WHO HAVE EXPERIENCED PREMENSTRUAL OR MENSTRUAL PAINS IN THE PAST 12 MONTHS

Base: Total women

Q.: Now, I'd like to read you a short list of different kinds of pain. Please say for each one, on roughly how many days -- if any -- in the last 12 months you have had that type of pain. How many days in the last year have you had (READ EACH ITEM)?

		Total Percentage Who Have Had Premenstrual or Menstrual Pains 1 or More Days		Number of Days Have Had Premenstrual or Menstrual Pains						
	Base			1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Total	625	%	40	13	8	16	3	*	57	2
Age										
18-24 years	77	%	81	22	9	43	7	-	19	-
25-34 years	137	%	69	27	18	18	5	1	30	2
35-49 years	160	%	45	11	11	19	3	1	52	3
50-64 years	131	%	7	4	1	2	-	-	89	3
65 and over	117	%	-	-	-	-	-	-	98	2
Education										
Some high school	120	%	19	3	3	9	3	1	77	4
High school graduate	237	%	49	17	11	18	3	-	50	2
Some college	116	%	47	14	7	21	4	1	52	-
College graduate or more	152	%	47	17	10	19	1	-	53	1
Income										
$7,500 or less	104	%	37	11	6	10	8	2	62	2
$7,501-$15,000	113	%	39	8	7	21	3	-	60	1
$15,001-$25,000	109	%	51	19	13	16	3	-	47	1
$25,001-$35,000	105	%	47	12	15	18	1	1	50	2
$35,001-$50,000	67	%	52	25	6	21	-	-	47	1
$50,001 or over	43	%	47	26	5	16	-	-	50	-
Race										
White	526	%	39	11	9	17	2	*	59	2
Black	60	%	46	20	8	10	6	2	54	-
Hispanic	39	%	51	26	4	16	5	-	49	-

(Continued)

Q.2a

Table 7 (Continued)

PROFILE OF AMERICANS WHO HAVE EXPERIENCED PREMENSTRUAL OR MENSTRUAL PAINS IN THE PAST 12 MONTHS

Base: Total women

	Base		Total Percentage Who Have Had Premenstrual or Menstrual Pains 1 or More Days	Number of Days Have Had Premenstrual or Menstrual Pains						
				1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Size of Place										
Urban	192	%	41	13	9	16	3	-	56	2
Suburban	286	%	40	13	7	17	2	1	57	3
Rural	147	%	40	11	10	14	5	-	60	1
Region										
East	151	%	41	11	11	17	2	-	56	4
Midwest	163	%	41	12	8	16	4	1	57	2
South	206	%	37	14	6	13	3	1	62	1
West	105	%	48	16	7	21	4	-	52	1
Religion										
Protestant	377	%	37	13	7	14	2	1	61	2
Catholic	180	%	40	11	11	15	3	-	57	2
Children in household	219	%	59	19	10	25	4	1	39	2
Parents have ever had severe pain	272	%	45	12	9	19	4	1	53	2
Use video display terminal	79	%	66	29	11	25	1	-	33	-
Occupation										
Homemaker	127	%	39	12	12	11	4	-	56	4
Working mother	129	%	60	21	11	22	4	2	40	-

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*Less than 0.5%.

Q.2a

Table 8

PROFILE OF AMERICANS WHO HAVE EXPERIENCED DENTAL PAINS IN THE PAST 12 MONTHS

Base: Total

Q.: Now, I'd like to read you a short list of different kinds of pain. Please say for each one, on roughly how many days -- if any -- in the last 12 months you have had that type of pain. How many days in the last year have you had (READ EACH ITEM)?

				Number of Days Have Had Dental Pains						
	Base		Total Percentage Who Have Had Dental Pains 1 or More Days	1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Total	1254	%	27	18	3	4	1	1	74	*
Age										
18-24 years	188	%	36	23	3	7	3	-	64	-
25-34 years	291	%	36	24	4	6	1	1	65	-
35-49 years	342	%	26	18	4	2	1	1	75	-
50-64 years	249	%	18	13	3	1	-	1	81	1
65 and over	179	%	14	8	1	4	*	1	85	1
Sex										
Male	629	%	26	19	3	4	*	*	73	*
Female	625	%	25	17	3	3	1	1	74	*
Education										
Some high school	220	%	20	11	3	4	1	1	79	1
High school graduate	439	%	29	19	3	5	1	1	72	*
Some college	219	%	24	16	3	3	2	*	76	-
College graduate or more	376	%	31	24	3	3	1	*	69	-
Income										
$7,500 or less	154	%	30	20	2	4	2	2	70	-
$7,501-$15,000	188	%	23	15	2	4	1	1	77	-
$15,001-$25,000	234	%	27	17	4	5	1	*	73	*
$25,001-$35,000	229	%	25	18	3	3	1	-	74	-
$35,001-$50,000	188	%	24	18	4	2	-	*	74	1
$50,001 or over	126	%	27	17	4	3	2	1	73	-
Race										
White	1065	%	26	17	3	4	1	1	74	*
Black	108	%	27	17	3	6	1	-	73	-
Hispanic	81	%	27	23	3	-	-	1	74	-

(Continued)

Q.2a

Table 8 (Continued)

PROFILE OF AMERICANS WHO HAVE EXPERIENCED DENTAL PAINS IN THE PAST 12 MONTHS

Base: Total

				Number of Days Have Had Dental Pains						
	Base		Total Percentage Who Have Had Dental Pains 1 or More Days	1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Size of Place										
Urban	380	%	29	19	4	4	1	1	72	*
Suburban	574	%	25	17	2	4	1	1	74	*
Rural	300	%	24	17	3	3	1	*	75	-
Region										
East	314	%	28	21	3	2	1	1	72	1
Midwest	311	%	24	17	3	4	*	*	75	-
South	389	%	24	16	2	4	1	1	75	*
West	240	%	28	17	4	5	1	1	72	-
Religion										
Protestant	727	%	22	14	3	4	1	*	77	*
Catholic	342	%	28	22	2	2	1	1	71	-
Generation in U.S.										
First	102	%	35	23	4	7	-	1	63	1
Second	343	%	29	20	3	4	1	1	72	-
Third or more	772	%	24	16	3	4	1	*	75	*
Children in household	474	%	27	19	3	4	1	*	72	-
Parents have ever had severe pain	537	%	30	20	4	5	*	1	68	*
Use video display terminal	179	%	34	21	6	5	1	1	66	-
Employment										
Employed full-time	686	%	28	19	3	4	1	1	72	*
Employed part-time	129	%	26	18	2	3	3	-	74	-
Unemployed	56	%	34	27	4	2	-	1	66	-
Retired	175	%	13	8	1	3	*	1	86	1

(Continued)

Q.2a

Table 8 (Continued)

PROFILE OF AMERICANS WHO HAVE EXPERIENCED DENTAL PAINS IN THE PAST 12 MONTHS

Base: Total

	Base		Total Percentage Who Have Had Dental Pains 1 or More Days	Number of Days Have Had Dental Pains						
				1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Occupation										
Homemaker	127	%	19	11	3	4	1	-	79	1
Working mother	129	%	29	18	3	5	2	1	70	-
Advertising executive	102	%	38	21	6	9	2	-	63	-
Floor trader	63	%	18	13	3	2	-	-	83	-
Professional/managerial/ proprietor	293	%	29	21	4	3	1	*	71	-
Clerical/sales/service	281	%	30	21	3	4	1	1	70	-
Skilled labor	136	%	25	16	5	4	-	-	75	-
Unskilled labor	83	%	20	15	1	3	1	-	78	2

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*Less than 0.5%.

I-2: THE RELATIONSHIP BETWEEN PAIN AND STRESS

Stress is a fact of modern American life. When asked how often they feel great stress in an average week, fully 46% of all Americans report that they feel stress one or more times a week, while 35% say less often than once a week, and only 16% say they "never" experience stress (Table 9).

One of the important questions asked as part of this study concerns the relationship between stress and pain. Does greater stress mean it is more likely that individuals will be subject to health problems, including different types of pain?

Employing two stress indicators, this study finds a positive relationship between stress and pain.

Self-Reported Stress

The first indicator of stress is a self-reported measure of stress. Adults were asked how often they feel under great stress -- "almost every day, several days a week, once or twice a week, less often than once a week, or never?" The 8% reporting stress every day were categorized as the high stress group, the 38% reporting stress several days a week or once or twice a week were categorized as the medium stress group, and the 51% reporting stress less often than once a week or never were categorized as the low stress group. This study finds that individuals with high levels of stress are much more likely than those with low levels of stress to have experienced each type of pain tested in the last twelve months (Table 10). The findings show:

- -- An 18-point difference between high-stress (84%) and low-stress (66%) groups in the reporting of headaches;
- -- A 20-point difference between the high-stress (69%) and low-stress (49%) groups in the reporting of backaches;
- -- An 18-point difference between high-stress (63%) and low-stress (45%) groups in the reporting of muscle pains;
- -- A 27-point difference between high-stress (70%) and low-stress (43%) groups in the reporting of joint pain;
- -- A difference of 24 points between high (63%) and low (39%) stress individuals in the reporting of stomach pains;
- -- A 20-point difference between high (53%) and low (33%) stress women in the reporting of premenstrual and menstrual pain; and
- -- An 11-point difference between high (33%) and low (22%) stress individuals in the reporting of dental pain.

High-stress individuals are not only more likely to suffer from different types of pain, but they also suffer pain on more days than do low stress individuals:

- -- Fourteen percent of high-stress individuals report 101 or more days of headaches in the last year, compared with 2% of low-stress individuals.
- -- Twenty percent of high-stress individuals, compared with 7% of low-stress individuals, have experienced 101 or more days of backaches in the last years.
- -- Nine percent of high-stress individuals, compared with 3% of low-stress individuals, have experienced 101 or more days of muscle pains.
- -- Eighteen percent of high-stress individuals have suffered 101 or more days of joint pains, compared with 8% of low-stress individuals.
- -- Ten percent of high-stress individuals have suffered 101 or more days of stomach pains, compared with 2% of low-stress individuals.
- -- Thirty-two percent of high-stress women have suffered at least 11 days of premenstrual or menstrual pain, compared with only 14% of low-stress women.

The Hassles Scale

The second indicator employed to measure stress is an abbreviated version of the Hassles Scale (Kanner et al. 1981)[1], which rates "the irritating, frustrating, distressing demands that to some degree characterize everyday transactions with the environment" (page 3). Hassles are minor stressful events that can affect an individual's physical and mental health.

Of the twenty-two hassle items included in this study (Table 11):

-- "Rising prices" (47%) and "too many things to do" (41%) are the ones that Americans cite most frequently as affecting them in the last month.

-- "Concerns about money for emergencies" (35%) and "trouble relaxing" (31%) are each cited by at least 3 Americans in 10.

-- "Illness of a family member" (27%), "concerns about health in general" (24%), "trouble making decisions" (23%), and "not enough money for basic necessities" (22%) are each cited by more than 2 in 10 Americans.

-- "Problems getting along with fellow workers" (8%) and "being laid-off or out of work" (8%) are the hassles that Americans mention least often as affecting them in the last month.

On the average, Americans report that 4.3 of these hassles have affected them in the last month. Younger people, those with the lowest incomes, blacks, and Hispanics have been affected by the most hassles (Table 12).

Individuals categorized as having high scores[2] on the Hassles Scale were affected by an average of 8.6 hassles, those with medium scores were affected by an average of 3.9, and those with low scores were affected by an average of 1 hassle in the last month. Individuals who have high scores on the Hassles Scale are much more likely than those with low scores to have experienced each type of pain tested for at least one day in the last twelve months (Table 13):

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[1] Allen D. Kanner, James C. Coyne, Catherine Schaefer, and Richard S. Lazarus, "Comparison of Two Modes of Stress Measurement: Daily Hassles and Uplifts Versus Major Life Events," Journal of Behavioral Medicine, Vol. 4, No. 1, 1981, 1-39.

[2] High, medium, and low scorers were determined by using median splits on the Hassles Scale. Respondents were arrayed from those with the lowest scores to those with the highest scores. The top third were assigned to the High category, the middle third to the Medium category, and the bottom third to the Low category.

-- Eighty-two percent of high scorers have suffered from headaches, compared with only 61% of low scorers -- a 21-point difference.

-- Sixty-seven percent of high scorers have suffered from backaches, compared with only 44% of low scorers -- a 23-point difference.

-- Sixty-three percent of high scorers have suffered from muscle pains, compared with 43% of low scorers -- a 20-point difference.

-- Sixty-two percent of individuals with high scores on the Hassles Scale, have suffered from joint pains, compared with 38% of low scorers -- a 24-point difference.

-- Fifty-seven percent of high scorers have suffered from stomach pains, as compared with 34% of low scorers -- a 23-point difference.

-- Fifty-three percent of women with high scores have suffered from premenstrual or menstrual pains, compared with 27% with low scores -- a 26-point difference.

-- Thirty-five percent of high scorers have suffered from dental pains, compared to 17% of low scorers -- a difference of 18 points.

Those who score high on the Hassles Scale are not only more likely to have suffered from different types of pain, but they have also suffered from pain on more days than low scorers:

-- 9% of high scorers, compared with 1% of low scorers, have experienced 101 or more days of headaches in the last year.

-- Thirteen percent of high scorers, compared with 6% of low scorers, have experienced 101 or more days of backaches.

-- Ten percent of high scorers, compared with 2% of low scorers, have experienced muscle pains for 101 or more days.

-- Fifteen percent of high scorers, compared with 7% of low scorers, have experienced joint pains for 101 or more days.

-- Five percent of high scorers, compared with 1% of low scorers, have experienced stomach pains for 101 or more days.

-- Thirty-one percent of women with high scores, compared with 9% of low scorers, have experienced premenstrual or menstrual pains for at least 11 days in the last year.

Self-Reported Stress and the Hassles Scale

High, medium, and low scorers on the self-reported stress scale resemble the corresponding groups in the Hassles Scale to a strikingly similar degree. For example, those with low scores on the Hassles Scale, as well as those with low self-reported stress, both have a disproportionate share of older, retired individuals.

Moreover, those with high scores on the Hassles Scale and with high self-reported stress both have a disproportionate share of younger individuals and women.

However, individuals with high self-reported stress are more likely than individuals with high scores on the Hassles Scale to be college graduates or in the $50,001-or-more income bracket.

Q.53

Table 9

SELF-REPORTED STRESS

Base: Total

Q.: Almost all people have some stress in their lives, but some have a great deal of stress. How often do you feel under great stress -- almost every day, several days a week, once or twice a week, less often than once a week, or never?

	Base		About Every Day	Several Days a Week	Once or Twice a Week	Less Often Than Once a Week	Never	Not Sure	Refused
Total	1254	%	8	8	30	35	16	1	-
Age									
18-24 years	188	%	10	9	36	33	12	-	-
25-34 years	291	%	9	11	30	37	12	-	-
35-49 years	342	%	10	9	33	36	13	*	-
50-64 years	249	%	8	7	31	34	18	2	-
65 and over	179	%	4	4	20	36	31	4	-
Sex									
Male	629	%	8	9	32	31	19	1	-
Female	625	%	9	8	29	39	14	1	-
Education									
Some high school	220	%	9	7	26	28	27	4	-
High school graduate	439	%	8	6	32	39	15	-	-
Some college	219	%	7	10	32	36	15	1	-
College graduate or more	376	%	9	14	31	38	8	*	-
Income									
$7,500 or less	154	%	12	9	32	29	17	1	-
$7,501-$15,000	188	%	8	5	30	35	21	1	-
$15,001-$25,000	234	%	9	9	31	39	12	*	-
$25,001-$35,000	229	%	6	9	30	43	11	*	-
$35,001-$50,000	188	%	6	8	42	34	10	1	-
$50,001 or over	126	%	11	18	20	40	10	1	-
Race									
White	1065	%	8	9	30	37	15	1	-
Black	108	%	10	6	35	22	25	1	-
Hispanic	81	%	8	7	27	32	26	-	-
Size of Place									
Urban	380	%	7	10	29	34	19	1	-
Suburban	574	%	11	8	31	34	15	*	-
Rural	300	%	5	7	30	40	15	2	-

(Continued)

Q.53

Table 9 (Continued)

SELF-REPORTED STRESS

Base: Total

	Base		About Every Day	Several Days a Week	Once or Twice a Week	Less Often Than Once a Week	Never	Not Sure	Refused
Region									
East	314	%	8	7	31	38	15	1	-
Midwest	311	%	11	11	31	32	14	1	-
South	389	%	9	8	28	35	20	1	-
West	240	%	5	8	34	37	16	*	-
Religion									
Protestant	727	%	7	8	29	38	16	1	-
Catholic	342	%	11	9	34	30	15	*	-
Generation in U.S.									
First	102	%	6	5	28	34	27	-	-
Second	343	%	7	9	35	38	11	*	-
Third or more	772	%	9	9	29	35	17	1	-
Children in household	474	%	10	8	32	37	13	-	-
Parents have ever had severe pain	537	%	12	11	32	34	10	1	-
Use video display terminal	179	%	8	13	34	38	7	1	-
Employment									
Employed full-time	686	%	8	10	34	36	12	1	-
Employed part-time	129	%	7	9	38	33	13	-	-
Unemployed	56	%	18	11	22	20	30	-	-
Retired	175	%	4	5	18	35	36	2	-
Occupation									
Homemaker	127	%	9	6	29	43	11	2	-
Working mother	129	%	9	10	34	39	8	-	-
Advertising executive	102	%	13	26	34	23	4	-	-
Floor trader	63	%	22	14	21	29	8	6	-
Professional/managerial/ proprietor	293	%	9	11	33	36	9	1	-
Clerical/sales/service	281	%	9	9	39	33	10	-	-
Skilled labor	136	%	5	11	28	44	12	-	-
Unskilled labor	83	%	11	5	37	30	16	-	-

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*Less than 0.5%.

Q.2a

Table 10

PAIN AND SELF-REPORTED STRESS

Q.: Now, I'd like to read you a short list of different kinds of pain. Please say for each one, on roughly how many days -- if any -- in the last 12 months you have had that type of pain. How many days in the last year have you had (READ EACH ITEM)?

	Self-Reported Stress		
	Low	Median	High
Base	641	498	103
	%	%	%
Headaches			
Total percentage who have had headaches one or more days	66	82	84
Number of Days Have Had Headaches			
1-5	32	29	31
6-10	15	15	13
11-30	12	21	15
31-100	5	10	11
101 or more	2	7	14
None	33	18	15
Not sure	1	*	-
Backaches			
Total percentage who have had backaches one or more days	49	62	69
Number of Days Have Had Headaches			
1-5	20	22	30
6-10	7	8	1
11-30	10	15	13
31-100	5	8	5
101 or more	7	9	20
None	50	37	30
Not sure	1	*	-
Muscle Pains			
Total percentage who have had muscle pains one or more days	45	62	63
Number of Days Have Had Muscle Pains			
1-5	19	24	21
6-10	8	14	15
11-30	11	10	14
31-100	4	7	4
101 or more	3	7	9
None	53	37	37
Not sure	2	1	-

(Continued)

Q.2a

Table 10 (Continued)

PAIN AND SELF-REPORTED STRESS

	Self-Reported Stress		
	Low	Median	High
Base	641	498	103
	%	%	%
Joint Pains			
Total percentage who have had joint pains one or more days	43	39	70
Number of Days Have Had Joint Pains			
1-5	15	20	20
6-10	6	7	14
11-30	9	14	9
31-100	5	6	9
101 or more	8	10	18
None	57	41	29
Not sure	1	1	-
Stomach Pains			
Total percentage who have had stomach pains one or more days	39	55	63
Number of Days Have Had Joint Pains			
1-5	23	27	33
6-10	6	11	5
11-30	6	11	11
31-100	2	3	4
101 or more	2	3	10
None	61	44	36
Not sure	1	1	1
Menstrual Pains			
Total percentage who have had menstrual pains one or more days	33	52	53
Number of Days Have Had Menstrual Pains			
1-5	13	13	16
6-10	6	13	5
11-30	12	21	25
31-100	2	4	4
101 or more	-	1	3
None	66	47	43
Not sure	2	1	4
Dental Pains			
Total percentage who have had dental pains one or more days	22	31	33
Number of Days Have Had Dental Pains			
1-5	15	21	18
6-10	2	3	4
11-30	3	5	4
31-100	1	1	5
101 or more	1	1	2
None	78	70	68
Not sure	*	*	-

---

*Less than 0.5%.

Q.47

Table 11

HASSLES SCALE

Base: Total

Q.: Now, I'd like to read you a list of things that may have affected you in the last month. For each, please tell me if it's affected you in the last month, or not.

Base: 1,254	Affected	Not Affected	Refused	Not Sure
Troublesome neighbors	11	89	*	*
Illness of a family member	27	72	*	*
Concerns about money for emergencies	35	65	*	-
Use of recreational drugs such as marijuana	4	96	*	*
Trouble relaxing	31	69	*	*
Trouble making decisions	23	77	*	*
Problems getting along with fellow workers	8	91	*	1
Laid off or out of work	8	92	*	1
Not enough money for basic necessities	22	78	*	*
Being lonely	18	81	*	*
Concerns about medical treatments	17	83	*	*
Concerns about health in general	24	75	*	*
Neighborhood deterioration	11	88	*	1
Concerns about bodily functions	15	84	*	1
Rising prices	47	53	*	*
Problems with aging parents	18	81	*	*
Problems with your children	18	81	*	*
Too many thing to do	41	59	*	*
Hassles from boss or supervisor	12	86	*	1
Frequent or excessive noise	18	81	*	*
Crime to you or someone close to you	11	89	*	*
Living or working in a place with air pollution	14	85	*	*

---

*Less than 0.5%.

Table 12

MEAN AND STANDARD DEVIATIONS ON THE HASSLES SCALE

Base: Total

	Base		Mean	Standard Deviation
Total	1254	%	4.3	3.4
Age				
18-24 years	188	%	4.9	3.6
25-34 years	291	%	4.8	3.4
35-49 years	342	%	4.4	3.5
50-64 years	249	%	4.1	3.4
65 and over	179	%	3.3	3.0
Sex				
Male	629	%	4.1	3.3
Female	625	%	4.6	3.6
Education				
Some high school	220	%	4.6	3.6
High school graduate	439	%	4.4	3.5
Some college	219	%	4.3	3.4
College graduate or more	376	%	4.1	3.2
Income				
$7,500 or less	154	%	5.6	3.8
$7,501-$15,000	188	%	4.5	3.8
$15,001-$25,000	234	%	4.6	3.5
$25,001-$35,000	229	%	4.1	3.1
$35,001-$50,000	188	%	3.7	2.9
$50,001-$100,000	96	%	3.9	3.1
$100,000 or over	30	%	3.6	2.6
Race				
White	1065	%	4.2	3.3
Black	108	%	5.1	4.0
Hispanic	81	%	4.9	3.5
Size of Place				
Urban	380	%	4.5	3.7
Suburban	574	%	4.2	3.3
Rural	300	%	4.4	3.5

(Continued)

Table 12 (Continued)

MEAN AND STANDARD DEVIATIONS ON THE HASSLES SCALE

Base: Total

	Base		Mean	Standard Deviation
Region				
East	314	%	4.1	3.4
Midwest	311	%	4.4	3.5
South	389	%	4.4	3.3
West	240	%		
Religion				
Protestant	727	%	4.2	3.3
Catholic	342	%	4.6	3.8
Generation in U.S.				
First	102	%	3.9	3.7
Second	343	%	4.5	3.5
Third or more	772	%	4.4	3.4
Children in household	474	%	4.6	3.5
Parents have ever had severe pain	537	%	5.1	3.4
Use video display terminal	179	%	4.5	3.2
Employment				
Employed full-time	686	%	4.4	3.3
Employed part-time	129	%	4.9	3.4
Unemployed	56	%	5.8	4.4
Retired	175	%	3.0	2.9
Occupation				
Homemaker	127	%	4.2	3.5
Working mother	129	%	5.1	3.6
Advertising executive	102	%	5.2	3.5
Floor trader	63	%	2.1	2.4
Professional	130	%	4.3	3.1
Managerial	137	%	3.6	3.0
Proprietor	26	%	2.4	2.3
Clerical/sales/service	281	%	4.6	3.4
Skilled labor	136	%	5.0	3.5
Unskilled labor	83	%	5.2	3.4

Q.2a

Table 13

PAIN AND THE HASSLES SCALE

Q.: Now, I'd like to read you a short list of different kinds of pain. Please say for each one, on roughly how many days -- if any -- in the last 12 months you have had that type of pain. How many days in the last year have you had (READ EACH ITEM)?

	Hassles Scale		
	Low	Median	High
Base	442	434	378
	%	%	%
Headaches			
Total percentage who have had headaches one or more days	61	77	82
Number of Days Have Had Headaches			
1-5	32	31	28
6-10	14	13	16
11-30	10	21	17
31-100	4	7	12
101 or more	1	5	9
None	37	23	17
Not sure	1	*	1
Backaches			
Total percentage who have had backaches one or more days	44	59	67
Number of Days Have Had Headaches			
1-5	17	24	24
6-10	7	9	5
11-30	10	13	15
31-100	4	5	10
101 or more	6	8	13
None	56	40	32
Not sure	1	1	1
Muscle Pains			
Total percentage who have had muscle pains one or more days	43	56	63
Number of Days Have Had Muscle Pains			
1-5	21	23	21
6-10	8	11	13
11-30	9	11	13
31-100	3	7	6
101 or more	2	4	10
None	55	44	36
Not sure	2	1	1

(Continued)

Q.2a

Table 13 (Continued)

PAIN AND THE HASSLES SCALE

	Hassles Scale		
	Low	Median	High
Base	442	434	378
	%	%	%
Joint Pains			
Total percentage who have had joint pains one or more days	38	54	62
Number of Days Have Had Joint Pains			
1-5	13	22	17
6-10	6	6	9
11-30	8	12	12
31-100	4	5	9
101 or more	7	9	15
None	61	45	37
Not sure	1	1	1
Stomach Pains			
Total percentage who have had stomach pains one or more days	34	49	57
Number of Days Have Had Joint Pains			
1-5	23	27	25
6-10	6	9	10
11-30	3	7	14
31-100	1	3	3
101 or more	1	3	5
None	65	49	42
Not sure	1	1	1
Menstrual Pains			
Total percentage who have had menstrual pains one or more days	27	42	53
Number of Days Have Had Menstrual Pains			
1-5	12	16	11
6-10	6	8	11
11-30	9	17	23
31-100	*	1	7
101 or more	-	-	1
None	71	57	46
Not sure	3	2	1
Dental Pains			
Total percentage who have had dental pains one or more days	17	27	35
Number of Days Have Had Dental Pains			
1-5	13	20	21
6-10	1	2	6
11-30	3	3	5
31-100	*	1	2
101 or more	*	1	1
None	82	73	65
Not sure	1	*	-

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*Less than 0.5%.

Table 14

A COMPARISON BETWEEN THE HASSLES SCALE AND SELF-REPORTED STRESS: A PROFILE OF RESPONDENTS

Base: Total

		Hassles Scale			Self-Reported Stress		
	Total	Low	Medium	High	Low	Medium	High
Base	1254	442	434	378	641	498	103
	%	%	%	%	%	%	%
Total	100	100	100	100	100	100	100
Age							
18-24 years	18	15	17	21	15	20	21
25-34 years	23	17	27	25	22	25	24
35-49 years	24	25	22	26	23	26	28
50-64 years	19	21	20	17	20	19	18
65 and over	16	22	14	11	20	10	8
Sex							
Male	48	51	49	43	47	50	43
Female	52	49	51	57	53	50	57
Education							
Some high school	26	25	25	27	27	22	27
High school graduate	40	40	38	41	41	39	39
Some college	13	12	14	13	13	14	11
College graduate or more	22	23	23	18	19	25	23
Income							
$7,500 or less	15	10	13	22	13	15	22
$7,501-$15,000	17	17	17	17	18	15	16
$15,001-$25,000	19	19	16	24	19	20	20
$25,001-$35,000	17	17	18	15	18	17	13
$35,001-$50,000	13	14	15	10	11	17	9
$50,001 or over	8	8	10	5	8	7	11
Employment							
Employed full-time	52	48	58	51	48	56	51
Employed part-time	10	9	12	9	8	11	12
Unemployed	5	5	4	11	4	3	8
Retired	15	20	9	7	22	13	8

I-3: THE RELATIONSHIP BETWEEN PAIN AND THE HEALTH LOCUS OF CONTROL SCALES

Locus of Control is the "expectancy that one's behavior either is or is not directly related to one's outcome" (p. 191, Wallston and Wallston).[1] Relating locus of control beliefs to specific health beliefs, researchers have theorized that an individual with an "internal locus of control" believes that he becomes sick or stays healthy as a result of his own behavior. "Externals" have the opposite expectancies; they believe factors outside their control (i.e., chance, fate, or powerful others) determine whether they become sick or stay healthy. As part of this study, adults were asked questions dealing with each of the three dimensions of Health Locus of Control (Table 15):

-- Internal Health Locus of Control (IHLC);

-- Powerful Others Health Locus of Control (PHLC); and

-- Chance Health Locus of Control (CHLC).

Overall, Americans receive mean scores of 23.5 on the IHLC scale, 17.1 on the PHLC scale, and 15.8 on the CHCL scale (Table 16).[2] Using median splits, individuals with high, medium, and low scores were determined for each dimension.

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[1] Kenneth A. Wallston and Barbara Stradler Wallston, "Health Locus of Control Scales," in Lefcourt, H.M. (Ed.) Research With the Locus of Control Construct (Vol. 1): Assessment Methods, Academic Press, 1981, 189-243.

[2] See note to Table 15 (page 59) for explanation of how scores were calculated.

Internal Health Locus of Control (IHLC)

Individuals with high IHLC scores are less likely than low scorers to have suffered from different types of pain in the last year (Table 17):

-- By a 9-point margin, high scorers (69%) are less likely to have suffered from headaches in the last year than low scorers (78%).

-- By a 14-point margin, high scorers (48%) are less likely than low scorers (62%) to have suffered from backaches.

-- By a 5-point margin, high scorers (50%) are less likely than low scorers (55%) to have suffered from muscle pains.

-- By a 12-point margin, high scorers (44%) are less likely than low scorers (56%) to have suffered from joint pains.

-- By a 6-point margin, high scorers (44%) are less likely than low scorers (50%) to have suffered from stomach pains.

-- By a 2-point margin, women with high scores (39%) are slightly less likely than low scorers (41%) to have suffered from premenstrual or menstrual pains.

-- By a 7-point margin, high scorers (23%) are less likely than low scorers (30%) to have suffered from dental pains.

Chance Health Locus of Control (CHLC)

Given that individuals with high internal locus of control scores are less likely to have suffered from different types of pain, one would expect that individuals with high chance locus of control scores would be more likely to have suffered from different types of pain in the last year. However, this is the case only for joint pain sufferers:

-- By a small, 3-point margin, high scorers (55%) are more likely than low scorers (52%) to have suffered from joint pain in the past year.

There is no difference for backache sufferers:

-- High scorers (56%) are just as likely as low scorers (57%) to have suffered from backaches in the past year.

Individuals with high chance locus of control scores are actually less likely than low scorers to have suffered from headaches (69% versus 76%), muscle pains (48% versus 56%), stomach pains (44% versus 52%), premenstrual or menstrual pains (33% versus 48%), and dental pains (25% versus 28%).

Powerful Others Health Locus of Control (PHLC)

High PHLC scorers are also less likely than low scorers to have suffered from headaches (68% versus 75%), backaches (52% versus 57%), muscle pains (45% versus 55%), stomach pains (42% versus 48%), premenstrual or menstrual pains (30% versus 47%), and dental pains (21% versus 29%). However, high scorers are no more or less likely than low scorers to have suffered from joint pains in the last year (49% versus 48%).

Observation:

Unlike stress -- with which the experience of pain shows a strong, positive relationship -- the concept of locus of control is not as clear-cut. One might predict that "internals" would tend to suffer less from different types of pain (in fact, our findings support this). However, employing the same logic, individuals who believe in "chance" or "powerful others" should tend to suffer more (our research does not bear out this second hypothesis).

Q.46

Table 15

MULTIDIMENSIONAL HEALTH LOCUS OF CONTROL (MHLC) SCALES

Base: Total

Q.: To what extent do you agree with each of the following statements? (READ EACH ITEM) -- do you agree strongly, agree somewhat, disagree somewhat, or disagree strongly?

	Total	
	Mean	Standard Deviation
Internal Health Locus of Control		
If I get sick, it's my own behavior which determines how soon I get well again	3.98	1.20
I'm in control of my health	4.07	1.18
When I get sick I'm to blame	2.64	1.49
What I do myself is the main thing which affects my health	4.26	1.10
If I take care of myself, I can avoid illness	4.28	1.05
If I take the right actions, I can stay healthy	4.25	1.02
Powerful Others Health Locus of Control		
Having regular contact with my physician is the best way for me to avoid illness	3.26	1.48
Whenever I don't feel well, I should consult a medically trained professional	3.08	1.49
My family has a lot to do with my becoming sick or staying healthy	2.66	1.58
Health professionals control my health	2.21	1.42
When I recover from an illness, it's usually because other people -- such as doctors, nurses, family, friends -- have been taking care of me	3.23	1.44
Regarding my health, I can only do what my doctor tells me to do	2.67	1.50
Chance Health Locus of Control		
No matter what I do, if I'm going to get sick, I'll get sick	2.64	1.52
Most things that affect my health happen to me by accident	2.66	1.46
Luck plays a big part in determining how soon I'll recover from an illness	2.00	1.38
My good health is largely a matter of good fortune	2.88	1.60
No matter what I do, I'm likely to get sick	2.19	1.46
If it's meant to be, I will stay healthy	3.39	1.57

Note: Scores for each item were calculated as follows: "agree strongly" (5), "agree somewhat" (4), "neither agree nor disagree" (3), "disagree somewhat" (2), and "disagree strongly" (1).

Table 16

MEAN AND STANDARD DEVIATIONS ON THE HASSLES SCALE

Base: Total

	Base		Internal Health Locus of Control		Powerful Others Health Locus of Control		Chance Health Locus of Control	
			Mean	Standard Deviation	Mean	Standard Deviation	Mean	Standard Deviation
Total	1254	%	23.5	4.2	17.1	5.4	15.8	5.2
Age								
18-24 years	188	%	23.9	3.9	16.0	5.1	15.6	4.4
25-34 years	291	%	23.7	3.9	15.8	5.0	15.1	4.9
35-49 years	342	%	23.4	4.3	16.5	5.2	14.9	5.1
50-64 years	249	%	23.0	4.4	18.3	5.4	15.2	5.4
65 and over	179	%	23.4	4.6	19.8	5.7	18.3	5.7
Sex								
Male	629	%	24.1	3.8	16.9	5.7	15.7	5.3
Female	625	%	22.9	4.4	17.3	5.2	15.8	5.1
Education								
Some high school	220	%	23.2	4.7	18.8	5.9	18.1	5.4
High school graduate	439	%	23.7	3.9	17.3	5.2	15.7	4.9
Some college	219	%	23.4	4.1	16.3	4.8	14.6	4.9
College graduate or more	376	%	23.4	4.1	15.4	4.9	13.7	4.6
Income								
$7,500 or less	154	%	23.4	5.0	18.6	5.8	17.0	5.6
$7,501-$15,000	188	%	22.7	4.4	17.3	5.0	16.4	4.9
$15,001-$25,000	234	%	23.8	3.8	17.5	5.5	15.6	5.4
$25,001-$35,000	229	%	23.8	3.7	15.7	4.5	15.1	5.1
$35,001-$50,000	188	%	23.8	3.8	16.7	5.6	14.8	4.9
$50,001-$100,000	96	%	23.5	4.2	15.8	5.2	14.1	4.6
$100,000 or over	30	%	23.5	4.5	17.0	4.8	13.4	5.0
Race								
White	1065	%	23.7	4.1	17.0	5.3	15.7	5.2
Black	108	%	22.3	4.5	17.6	6.0	16.1	5.1
Hispanic	81	%	23.1	4.7	18.1	5.8	16.0	5.1
Size of Place								
Urban	380	%	23.1	4.3	16.9	5.3	15.7	5.2
Suburban	574	%	23.7	4.2	16.8	5.4	15.3	5.2
Rural	300	%	23.5	4.0	17.8	5.4	16.7	5.2

(Continued)

Table 16 (Continued)

MEAN AND STANDARD DEVIATIONS ON THE HASSLES SCALE

Base: Total

	Base		Internal Health Locus of Control		Powerful Others Health Locus of Control		Chance Health Locus of Control	
			Mean	Standard Deviation	Mean	Standard Deviation	Mean	Standard Deviation
Region								
East	314	%	23.6	3.9	17.1	5.3	15.7	5.5
Midwest	311	%	23.6	4.0	17.2	5.5	15.9	4.6
South	389	%	23.1	4.5	17.3	5.5	15.9	4.6
West	240	%	23.8	4.3	16.5	5.4	14.9	5.0
Religion								
Protestant	727	%	23.3	4.3	17.5	5.5	15.9	5.3
Catholic	342	%	23.9	3.8	17.2	5.2	15.7	5.0
Generation in U.S.								
First	102	%	23.2	4.7	18.4	5.6	16.9	5.4
Second	343	%	24.0	4.1	16.8	5.0	15.3	5.2
Third or more	772	%	23.3	4.1	17.0	5.5	15.8	5.2
Children in household	474	%	23.4	4.0	16.7	5.2	15.6	4.9
Parents have ever had severe pain	537	%	23.5	4.2	16.7	5.4	15.4	5.0
Use video display terminal	179	%	23.7	3.6	15.6	4.5	14.2	4.7
Employment								
Employed full-time	686	%	23.8	3.9	16.2	5.2	15.0	4.8
Employed part-time	129	%	23.6	3.8	17.3	5.4	15.4	5.1
Unemployed	56	%	22.8	4.4	17.5	5.3	16.3	5.9
Retired	175	%	23.5	4.5	19.2	5.5	17.6	6.0
Occupation								
Homemaker	127	%	23.2	4.1	17.8	5.5	16.9	5.0
Working mother	129	%	22.9	4.1	16.7	5.0	15.6	5.0
Advertising executive	102	%	23.2	4.2	13.6	4.2	14.1	4.7
Floor trader	63	%	23.3	4.2	14.6	4.7	15.6	4.7
Professional	130	%	23.8	3.7	15.1	4.9	13.9	4.6
Managerial	137	%	23.8	3.7	16.3	5.2	14.7	4.9
Proprietor	26	%	23.7	4.3	15.8	4.2	14.3	4.2
Clerical/sales/service	281	%	23.2	3.9	16.8	5.1	15.2	4.8
Skilled labor	136	%	24.5	3.7	16.4	5.6	15.4	5.1
Unskilled labor	83	%	23.9	4.2	16.8	5.8	15.8	4.8

Q.2a

Table 17

PAIN AND HEALTH LOCUS OF CONTROL

Q.: Now, I'd like to read you a short list of different kinds of pain. Please say for each one, on roughly how many days -- if any -- in the last 12 months you have had that type of pain. How many days in the last year have you had (READ EACH ITEM)?

	Internal Health Locus of Control			Powerful Others Health Locus of Control			Chance Health Locus of Control		
	Low	Median	High	Low	Median	High	Low	Median	High
Base	448	362	444	456	426	372	479	455	320
	%	%	%	%	%	%	%	%	%
Headaches									
Total percentage who have had headaches one or more days	78	75	69	75	77	68	76	74	69
Number of Days Have Had Headaches									
1-5	31	31	30	33	27	31	30	31	30
6-10	14	17	13	14	18	12	16	16	10
11-30	16	16	16	14	19	15	16	16	16
31-100	10	6	7	8	9	5	9	6	7
101 or more	7	5	3	6	4	5	5	5	6
None	22	25	31	24	23	31	24	26	29
Not sure	*	1	1	1	*	1	-	*	2
Backaches									
Total percentage who have had backaches one or more days	62	58	48	57	61	52	57	55	56
Number of Days Have Had Backaches									
1-5	24	21	20	23	21	21	22	22	22
6-10	6	8	7	7	9	6	8	6	7
11-30	13	13	11	11	15	11	11	12	14
31-100	8	8	3	7	6	6	7	7	3
101 or more	11	8	7	9	10	8	9	8	10
None	37	40	52	43	39	47	43	44	42
Not sure	1	1	1	1	1	1	*	1	2
Muscle Pains									
Total percentage who have had muscle pains one or more days	55	57	50	55	61	45	56	54	48
Number of Days Have Had Muscle Pains									
1-5	20	22	23	23	24	18	23	22	19
6-10	11	13	8	11	14	7	11	11	9
11-30	12	11	10	11	11	10	11	10	11
31-100	6	6	4	5	7	4	6	6	4
101 or more	6	5	5	5	5	6	5	5	5
None	45	40	50	44	39	54	41	46	51
Not sure	1	3	1	1	1	2	1	1	2

(Continued)

Q.2a

Table 17 (Continued)

PAIN AND HEALTH LOCUS OF CONTROL

	Internal Health Locus of Control			Powerful Others Health Locus of Control			Chance Health Locus of Control		
	Low	Median	High	Low	Median	High	Low	Median	High
Base	448	362	444	456	426	372	479	455	320
	%	%	%	%	%	%	%	%	%
Joint Pains									
Total percentage who have had joint pains one or more days	56	52	44	48	54	49	52	47	55
Number of Days Have Had Joint Pains									
1-5	15	20	17	17	17	18	18	16	18
6-10	7	7	6	9	6	5	6	6	9
11-30	14	11	8	10	13	9	12	11	10
31-100	7	6	5	4	9	5	6	6	6
101 or more	13	8	8	8	9	12	10	8	12
None	42	47	56	51	45	50	48	52	45
Not sure	1	2	1	1	1	1	1	1	2
Stomach Pains									
Total percentage who have had stomach pains one or more days	50	47	44	48	50	42	52	44	44
Number of Days Have Had Stomach Pains									
1-5	25	28	24	26	27	23	27	25	23
6-10	10	7	7	9	9	6	9	8	7
11-30	9	6	9	6	9	10	9	6	10
31-100	3	3	2	4	2	1	4	2	1
101 or more	3	3	2	3	3	2	3	3	3
None	49	51	57	53	48	56	48	55	54
Not sure	1	1	1	*	1	1	1	*	1
Menstrual Pains									
Total percentage who have had menstrual pains one or more days	41	42	39	47	44	30	48	41	33
Number of Days Have Had Menstrual Pains									
1-5	13	14	11	13	15	10	15	12	11
6-10	11	7	7	14	7	4	12	9	4
11-30	15	16	17	17	18	12	20	17	11
31-100	1	5	4	2	3	4	1	3	5
101 or more	1	-	-	1	1	-	-	-	2
None	58	58	57	55	55	66	52	58	62
Not sure	1	1	5	1	1	4	-	2	5
Dental Pains									
Total percentage who have had dental pains one or more days	30	25	23	29	29	21	28	27	25
Number of Days Have Had Dental Pains									
1-5	20	18	15	21	19	13	18	19	16
6-10	4	2	2	4	3	2	4	2	3
11-30	4	4	4	3	5	4	4	4	4
31-100	1	1	1	1	1	1	1	1	1
101 or more	1	*	1	*	1	1	1	1	1
None	71	74	76	71	71	79	73	74	74
Not sure	-	*	1	*	*	*	-	-	1

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*Less than 0.5%.

II: PAIN CARRIES SEVERE ECONOMIC CONSEQUENCES

For those Americans with only occasional pain (defined as pain for 1-5 days in the last year), the experience of pain tends to have minimal effect on their day-to-day lives. Yet, for those with more than occasional pain (defined as pain for 6 or more days in the last year), pain can severely upset their daily routines, causing lost work days, interrupted sleep, even incapacitation for 24-hour stretches at a time.

For this latter group, dental pains, backaches, and stomach pains are the biggest culprits:

-- Fifty percent of those who have had more than occasional dental pain lost sleep at least one night, and 44% were unable to work or engage in routine activities for at least one day in the last year (Tables 18 and 19).

-- Forty percent of those who have had more than occasional backaches lost sleep, and 43% were unable to work or engage in routine activities for at least one day in the last year.

-- Forty-one percent of those who have had more than occasional stomach pain lost sleep, and 42% were unable to work or engage in routine activities for at least one day in the last year.

These three types of pain are also most likely to keep people from sleeping, working, or engaging in routine activities for an entire 24-hour period:

-- 33% of those who have had more than occasional dental pain say they were incapacitated for an entire 24-hour period as a result of their pain;

-- 25% of theose who have had more than occasional backaches were incapacitated this long; as were

-- 21% of those with more than occasional stomach pain (Table 20).

Work Days Lost to Pain

Focusing specifically on lost work days, it is possible to estimate the total number of work days lost to pain in the last year across the country. When projected to the total U.S. adult population, over 4 billion person-days have been lost as a result of pain. Using a more conservative measure of only those adults who are employed full-time, approximately half a billion person-days in the last year have been lost as a result of pain (Table 21). These numbers reflect a substantial amount of lost U.S. productivity.

Headache

Among individuals with more than occasional headache pain, the group most likely to have been unable to work or engage in routine activities for at least one day in the last year is women (43%) -- particularly homemakers (52%). Those least likely to have lost work days are males (24%) and individuals working full-time (29%).

Those who score high on the self-reported stress scale (49%) or the Hassles Scale (40%) are more likely than those with low stress (30%) or few hassles (27%) to have lost work days.

Moreover, those with a high internal locus of control (31%) are less likely than those with a low internal locus of control (41%) to have lost work days (Table 22).

Backache

Among individuals with more than occasional backache pain, those most likely to have been unable to work or engage in routine activities for at least one day in the last year include women (48%), individuals with a high school education or less (47%), and those with incomes of $25,000 or less (46%). Conversely, those least likely to have lost days are men (38%), those with at least some college (33%), and those earning $25,001 or more (35%).

Compared with backache sufferers as a whole (43%), those working full-time (33%) are less likely to have lost work days in the last year. Moreover, those with a high internal locus of control (35%) are less likely than those with a low locus of control (49%) to have lost work days (Table 23).

However, those with a great deal of hassles (59%) are more likely to say they've lost work days than those with few hassles (27%).

Muscle Pain

Among those with more than occasional muscle pain, women (36%) are more likely than men (21%) to say they have been unable to work or engage in routine activities for at least one day in the last year. Catholics (37%) more than Protestants (25%), and those with high stress (44%) and greater hassles (40%) more so than their counterparts in the low stress (28%) or low hassles (15%) groups report lost work days. In addition, those with strong beliefs in "powerful others" (40%) are more likely than those without such strong beliefs (21%) to report that work days have been lost because of muscle pain (Table 24).

Joint Pain

Among those who have had more than occasional joint pain, women (35%) tend to be more likely than men (27%) to say they have been unable to work or engage in routine activities for one or more days in the last year. In addition, those who have a high school education or less (34%) are more likely than those with at least some college experience (24%) to have lost days, and those who have incomes of $25,000 or less (35%) are more likely than those with incomes of $25,001 or more (24%) to have lost days in the last year (Table 25).

As is the case with muscle pains, Catholics (38%) are more likely than Protestants (28%) to report having lost work days.

Those who report a great deal of stress (39%) or hassles (38%) are also more likely than those with low levels on each measure (29% and 21%, respectively) to report lost days in the last year.

Stomach Pain

Among individuals with more than occasional stomach pain, those most likely to have been unable to work or engage in routine activities include women (51%) and those with incomes of $25,000 or less (50%). Those least likely to have been unable to work or engage in routine activities are men (28%) and those earning $25,001 or more (32%). In addition, those with many hassles (47%) are more likely than those with few hassles (31%) to report lost work days in the last year (Table 26).

> Observation:
>
> Why does pain interrupt some people's daily lives and not others'? Why do some people continue to work or engage in routine activities in spite of their pain, while others do not?
>
> Clearly, stress has a major impact on the way people experience pain. But what other factors -- including attitudes and beliefs about health, work, cultural differences -- also influence the experience of pain?

To a certain extent, people who strongly believe themselves responsible for their health tend to let pain disrupt their daily lives less often than those who do not hold these beliefs as strongly. Also, Protestants tend to be less likely than Catholics to let pain disrupt their daily routines. What's more, these findings suggest that women and those individuals with less education and lower income show the greatest vulnerability to pain.

Q.2b

Table 18

WHETHER PAINS HAVE RESULTED IN LOST WORK DAYS DURING THE LAST 12 MONTHS

Base: Those with pain for 6 or more days in the last 12 months

Q.: On (roughly) how many days in the last 12 months have you had such severe (READ EACH ITEM) that you couldn't work, or engage in routine activities?

			Total Percentage Who Couldn't Work or Engage in Routine Activities for	Total Number of Days Couldn't Work or Engage in Activities						
	Base		1 or More Days	1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Headaches	536	%	36	22	5	6	1	2	64	1
Backaches	415	%	43	14	7	9	6	7	57	1
Muscle pains	399	%	28	13	4	5	3	3	69	2
Joint pains	412	%	32	12	6	6	3	5	68	1
Stomach pains	249	%	42	25	6	5	3	3	57	1
Premenstrual or menstrual pains	159	%	29	14	8	6	1	-	69	2
Dental pains	101	%	44	27	5	9	3	*	55	1

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*Less than 0.5%.

Q.2c

Table 19

EFFECT OF PAIN ON SLEEP IN THE LAST 12 MONTHS

Base: Those with pain for 6 or more days in the last 12 months

Q.: On (roughly) how many nights in the last 12 months have you had such severe (READ EACH ITEM) that you couldn't sleep?

			Total Percentage Who Couldn't Sleep for 1 or More Days	Total Number of Days Couldn't Sleep						
	Base			1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Headaches	536	%	30	18	4	5	1	2	70	1
Backaches	415	%	40	17	5	11	4	3	59	*
Muscle pains	399	%	30	15	6	3	3	3	67	2
Joint pains	412	%	38	17	6	6	4	5	62	1
Stomach pains	249	%	41	26	6	5	2	2	58	1
Premenstrual or menstrual pains	159	%	32	23	5	2	2	-	66	2
Dental pains	101	%	50	34	6	8	2	*	49	1

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*Less than 0.5%.

Q.2d

Table 20

EFFECT OF PAIN ON AN ENTIRE 24-HOUR PERIOD

Base: Those with pain for 6 or more days in the last 12 months

Q.: On (roughly) how many days in the last 12 months have you had such severe (READ EACH ITEM) that you couldn't work, sleep, or engage in routine activities for an entire 24-hour period?

			Total Percentage Who Couldn't Work, Sleep, or Engage in Routine Activities for	Total Number of Days Couldn't Work, Sleep, or Engage in Routine Activities for an Entire 24-Hour Period						
	Base		1 or More Days	1-5	6-10	11-30	31-100	101 or More	None	Not Sure
Headaches	536	%	16	11	1	2	1	1	83	1
Backaches	415	%	25	11	4	4	3	3	74	1
Muscle pains	399	%	19	9	3	3	2	2	80	*
Joint pains	412	%	18	6	5	2	2	3	81	1
Stomach pains	249	%	21	10	3	4	3	1	78	1
Premenstrual or menstrual pains	159	%	16	10	2	3	1	-	84	-
Dental pains	101	%	33	20	5	6	-	2	64	1

---

*Less than 0.5%.

Table 21

LOST WORK DAYS[1] PROJECTED TO THE TOTAL U.S. ADULT POPULATION

	(Numbers in Millions)	
	Days Lost for All Adults	Days Lost for All Adults Employed Full-Time
Headaches	637.9	156.9
Backaches	1,307.8	88.8
Muscle pains	617.3	58.2
Joint pains	961.3	107.8
Stomach pains	394.1	98.7
Premenstrual or menstrual pains	74.3	24.5
Dental pains	70.3	15.1
(Total)	4,063.0	550.0

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[1] See Appendix B for an explanation of how these numbers were derived.

Q.2b

Table 22

PROFILE OF PEOPLE WHO HAVE LOST WORK DAYS DURING THE LAST 12 MONTHS BECAUSE OF THEIR HEADACHES

Base: Those with headaches for 6 or more days in last 12 months

Q.: On (roughly) how many days in the last 12 months have you had such severe (READ EACH ITEM) that you couldn't work, or engage in routine activities?

	Base		Total Percentage Who Couldn't Work or Engage in Routine Activities for 1 or More Days	Total Percentage Who Could Work or Engage in Routine Activities	Not Sure
Total	536	%	36	64	1
Age					
18-34 years	259	%	40	60	-
35-49 years	130	%	33	67	-
50 and over	144	%	30	68	2
Sex					
Male	229	%	24	75	1
Female	307	%	43	57	-
Education					
High school graduate or less	265	%	37	62	1
Some college or more	271	%	33	68	-
Income					
$25,000 or less	241	%	38	60	1
$25,001 or over	248	%	33	68	-
Religion					
Protestant	297	%	33	66	1
Catholic	164	%	41	59	-
Employment					
Employed full-time	286	%	29	71	-
Employed part-time	65	%	35	65	-
Homemaker	62	%	52	47	-
Working mother	74	%	39	62	-

(Continued)

Q.2b

Table 22 (Continued)

PROFILE OF PEOPLE WHO HAVE LOST WORK DAYS DURING THE LAST 12 MONTHS BECAUSE OF THEIR HEADACHES

Base: Those with headaches for 6 or more days in last 12 months

	Base		Total Percentage Who Couldn't Work or Engage in Routine Activities for 1 or More Days	Total Percentage Who Could Work or Engage in Routine Activities	Not Sure
Self-Reported Stress					
Low	223	%	30	70	-
Medium	254	%	36	62	1
High	54	%	49	51	-
Hassles Scale					
Low	135	%	27	73	-
Medium	197	%	33	64	1
High	204	%	40	58	-
Internal Health Locus of Control					
Low	205	%	41	57	1
Medium	157	%	31	69	-
High	174	%	31	69	-
Powerful Others Health Locus of Control					
Low	192	%	37	63	-
Medium	207	%	33	67	-
High	137	%	37	61	2
Chance Health Locus of Control					
Low	214	%	33	66	-
Medium	194	%	34	64	1
High	128	%	38	61	-

Q.2b

Table 23

PROFILE OF PEOPLE WHO HAVE LOST WORK DAYS DURING THE LAST 12 MONTHS BECAUSE OF THEIR BACKACHES

Base: Those with backaches for 6 or more days in last 12 months

Q.: On (roughly) how many days in the last 12 months have you had such severe (READ EACH ITEM) that you couldn't work, or engage in routine activities?

	Base		Total Percentage Who Couldn't Work or Engage in Routine Activities for 1 or More Days	Total Percentage Who Could Work or Engage in Routine Activities	Not Sure
Total	415	%	43	57	1
Age					
18-34 years	151	%	42	58	-
35-49 years	107	%	40	59	-
50 and over	156	%	46	53	1
Sex					
Male	194	%	38	62	1
Female	221	%	48	53	*
Education					
High school graduate or less	228	%	47	53	1
Some college or more	187	%	33	66	*
Income					
$25,000 or less	207	%	46	52	1
$25,001 or over	164	%	35	65	-
Religion					
Protestant	265	%	42	57	1
Catholic	106	%	44	56	-
Employment					
Employed full-time	197	%	33	67	-
Employed part-time	49	%	42	58	-
Homemaker	46	%	46	53	-
Working mother	42	%	44	55	-

(Continued)

Q.2b

Table 23 (Continued)

PROFILE OF PEOPLE WHO HAVE LOST WORK DAYS DURING THE LAST 12 MONTHS BECAUSE OF THEIR BACKACHES

Base: Those with backaches for 6 or more days in last 12 months

	Base		Total Percentage Who Couldn't Work or Engage in Routine Activities for 1 or More Days	Total Percentage Who Could Work or Engage in Routine Activities	Not Sure
Self-Reported Stress					
Low	186	%	39	61	1
Medium	185	%	46	54	-
High	41	%	46	53	2
Hassles Scale					
Low	111	%	27	71	1
Medium	149	%	37	63	*
High	155	%	59	41	-
Internal Health Locus of Control					
Low	165	%	49	50	1
Medium	128	%	44	56	-
High	122	%	35	66	-
Powerful Others Health Locus of Control					
Low	147	%	38	61	-
Medium	153	%	44	55	1
High	115	%	47	53	-
Chance Health Locus of Control					
Low	161	%	40	60	-
Medium	142	%	44	55	1
High	112	%	44	55	1

---

*Less than 0.5%.

Q.2b

Table 24

PROFILE OF PEOPLE WHO HAVE LOST WORK DAYS DURING THE LAST 12 MONTHS BECAUSE OF THEIR MUSCLE PAINS

Base: Those with muscle pains for 6 or more days in last 12 months

Q.: On (roughly) how many days in the last 12 months have you had such severe (READ EACH ITEM) that you couldn't work, or engage in routine activities?

	Base		Total Percentage Who Couldn't Work or Engage in Routine Activities for 1 or More Days	Total Percentage Who Could Work or Engage in Routine Activities	Not Sure
Total	399	%	28	69	2
Age					
18-34 years	175	%	29	70	3
35-49 years	100	%	27	72	2
50 and over	122	%	32	66	3
Sex					
Male	210	%	21	78	2
Female	189	%	36	60	3
Education					
High school graduate or less	210	%	30	66	3
Some college or more	189	%	27	74	1
Income					
$25,000 or less	198	%	30	66	3
$25,001 or over	165	%	25	75	-
Religion					
Protestant	212	%	25	72	3
Catholic	104	%	37	61	1
Self-Reported Stress					
Low	167	%	28	70	2
Medium	183	%	26	71	3
High	46	%	44	53	3

(Continued)

Q.2b

Table 24 (Continued)

PROFILE OF PEOPLE WHO HAVE LOST WORK DAYS DURING THE LAST 12 MONTHS BECAUSE OF THEIR MUSCLE PAINS

Base: Those with muscle pains for 6 or more days in last 12 months

	Base		Total Percentage Who Couldn't Work or Engage in Routine Activities for 1 or More Days	Total Percentage Who Could Work or Engage in Routine Activities	Not Sure
Hassles Scale					
Low	99	%	15	83	2
Medium	142	%	24	76	1
High	158	%	40	55	4
Internal Health Locus of Control					
Low	157	%	30	69	2
Medium	124	%	28	69	4
High	118	%	29	69	2
Powerful Others Health Locus of Control					
Low	148	%	21	76	3
Medium	152	%	26	69	4
High	99	%	40	59	-
Chance Health Locus of Control					
Low	159	%	29	71	2
Medium	146	%	24	73	3
High	94	%	37	60	3

Q.2b

Table 25

PROFILE OF PEOPLE WHO HAVE LOST WORK DAYS DURING THE LAST 12 MONTHS BECAUSE OF THEIR JOINT PAINS

Base: Those with joint pains for 6 or more days in last 12 months

Q.: On (roughly) how many days in the last 12 months have you had such severe (READ EACH ITEM) that you couldn't work, or engage in routine activities?

	Base		Total Percentage Who Couldn't Work or Engage in Routine Activities for 1 or More Days	Total Percentage Who Could Work or Engage in Routine Activities	Not Sure
Total	412	%	32	68	1
Age					
18-34 years	125	%	30	69	-
35-49 years	96	%	34	67	1
50 and over	188	%	32	66	2
Sex					
Male	189	%	27	73	1
Female	233	%	35	64	1
Education					
High school graduate or less	237	%	34	65	1
Some college or more	175	%	24	75	1
Income					
$25,000 or less	212	%	35	63	1
$25,001 or over	156	%	24	76	1
Religion					
Protestant	245	%	28	71	1
Catholic	110	%	38	61	1
Self-Reported Stress					
Low	179	%	29	70	1
Medium	175	%	31	68	-
High	52	%	39	59	1

(Continued)

Q.2b

Table 25 (Continued)

PROFILE OF PEOPLE WHO HAVE LOST WORK DAYS DURING THE LAST 12 MONTHS BECAUSE OF THEIR JOINT PAINS

Base: Those with joint pains for 6 or more days in last 12 months

	Base		Total Percentage Who Couldn't Work or Engage in Routine Activities for 1 or More Days	Total Percentage Who Could Work or Engage in Routine Activities	Not Sure
Hassles Scale					
Low	106	%	21	77	2
Medium	141	%	31	67	1
High	165	%	38	62	1
Internal Health Locus of Control					
Low	187	%	35	62	2
Medium	112	%	31	70	-
High	113	%	25	75	-
Powerful Others Health Locus of Control					
Low	144	%	26	73	1
Medium	151	%	30	68	2
High	117	%	37	63	-
Chance Health Locus of Control					
Low	159	%	30	69	1
Medium	142	%	27	71	1
High	111	%	38	62	1

Q.2b

Table 26

PROFILE OF PEOPLE WHO HAVE LOST WORK DAYS DURING THE LAST 12 MONTHS BECAUSE OF THEIR STOMACH PAINS

Base: Those with stomach pains for 6 or more days in last 12 months

Q.: On (roughly) how many days in the last 12 months have you had such severe (READ EACH ITEM) that you couldn't work, or engage in routine activities?

	Base		Total Percentage Who Couldn't Work or Engage in Routine Activities for 1 or More Days	Total Percentage Who Could Work or Engage in Routine Activities	Not Sure
Total	249	%	42	57	1
Age					
18-34 years	118	%	47	52	1
35-49 years	63	%	37	63	-
50 and over	67	%	38	60	1
Sex					
Male	108	%	28	71	-
Female	141	%	51	48	2
Education					
High school graduate or less	150	%	43	56	1
Some college or more	99	%	40	60	-
Income					
$25,000 or less	128	%	50	47	1
$25,001 or over	92	%	32	69	-
Religion					
Protestant	139	%	45	53	1
Catholic	61	%	37	63	-
Self-Reported Stress					
Low	91	%	40	58	3
Medium	125	%	42	57	-
High	31	%	45	55	-

(Continued)

Q.2b

Table 26 (Continued)

PROFILE OF PEOPLE WHO HAVE LOST WORK DAYS DURING THE LAST 12 MONTHS BECAUSE OF THEIR STOMACH PAINS

Base: Those with stomach pains for 6 or more days in last 12 months

	Base		Total Percentage Who Couldn't Work or Engage in Routine Activities for 1 or More Days	Total Percentage Who Could Work or Engage in Routine Activities	Not Sure
Hassles Scale					
Low	47	%	31	66	3
Medium	90	%	40	60	-
High	112	%	47	51	1
Internal Health Locus of Control					
Low	102	%	43	56	-
Medium	68	%	40	56	4
High	79	%	40	60	-
Powerful Others Health Locus of Control					
Low	88	%	48	53	-
Medium	92	%	38	63	-
High	69	%	40	55	3
Chance Health Locus of Control					
Low	106	%	38	61	-
Medium	80	%	39	60	2
High	63	%	50	48	2

III: HOW PEOPLE EVALUATE THEIR PAIN

The findings from this survey reveal that the vast majority of Americans with pain for 6 or more days in the last year have had multiple pains (Table 27). Virtually all who have suffered from dental pain in the past year (98%), 9 out of 10 of those with muscle pain (92%), stomach pain (91%), and backaches (90%), and over 8 out of 10 people who report joint pain (87%), headache (86%), and premenstrual or menstrual pain (84%) have experienced more than one type of pain in the last twelve months.

Among multiple pain sufferers:

-- 48% of those with backaches (and other types of pain) say that their backaches are the most troublesome of all their pains;

-- 35% of those with dental pain (and other types of pain) say their dental pains are the most troublesome;

-- 34% of those with headache or joint pains (and other types of pain) say that their headaches or joint pains are the most troublesome of all their pains;

-- Only 28% of those with stomach pains, 20% of those with premenstrual or menstrual pains, and 17% of those with muscle pains say each of these is the most troublesome of various types of pains.

Severity of Pain

As part of this study, people who suffer from more than occasional pain (i.e., have experienced pain 6 or more days in the last year) were asked to rate the severity of their pain "on a scale of 1 to 10, with 1 being the least severe pain and 10 being the most severe pain possible." Pain rated from 1 to 3 was categorized as slight pain, a rating of 4 to 6 was categorized as moderate pain, one of 7 to 9 was categorized as severe pain, and pain rated as 10 was categorized as unbearable pain.

Among those who have experienced only headaches or have designated headaches as the most troublesome of their pains, 4 out of 10 rate their headaches as moderate (42%). More than 2 in 10 rate their headaches as slight (22%) or severe (26%), and almost 1 in 10 rate their headaches as unbearable (9%). Those with backache and joint pain display a pattern very similar to headache sufferers in the way they rate the severity of their pain (Table 28).

Among those who report only dental pains or have designated them as the most troublesome, only 4% rate their dental pains as slight. Almost a quarter (23%) rate them as unbearable.

The opposite holds true for muscle pain sufferers. Among those who have had only muscle pains or whose muscle pains have been designated as the most troublesome, only 5% rate their muscle pains as unbearable. A third (34%) rate their muscle pains as slight.

Of those who have had only premenstrual or menstrual pain or have designated these pains as most troublesome, a third rate their premenstrual or menstrual pain as moderate (33%) and another third rate them as severe (32%). Fourteen percent rate them as unbearable.

Stress and the Reported Severity of Pain

Important differences emerge on reported severity of pain between Americans under high stress and those under low stress.

Using the self-report measure of stress:

-- Twenty-eight percent of headache sufferers with high stress report having unbearable pain, whereas only 5% of those with low stress give the same rating. Conversely, 30% of headache sufferers with low stress report having slight pain, while only 13% of those with high stress report having slight pain (Table 29).

-- Twenty-one percent of backache sufferers with high stress, as compared with only 11% of those with low stress, report having unbearable pain. Conversely, 22% of backache sufferers with low stress, as compared with 7% with high stress, report having slight pain (Table 30).

-- Similarly, 25% of joint pain sufferers with high stress report having unbearable pain, whereas only 8% of those with low stress do so. Conversely, 27% of joint pain sufferers with low stress report having slight pain, compared with only 21% of those with low stress (Table 31).

Using the Hassles Scale as a measure of stress, the same pattern of findings emerges.

-- Headache sufferers with lots of hassles (19%) are more likely than those with few hassles (6%) to rate their headaches as unbearable. On the other hand, those with few hassles (36%) are more likely than those with lots of hassles (14%) to rate their headaches as slight.

-- Backache sufferers with lots of hassles (25%) are more likely than those with few hassles (5%) to rate their backaches as unbearable. On the other hand, those with few hassles (29%) are more likely than those with lots of hassles (11%) to rate their backaches as slight.

-- Similarly, joint pain sufferers with lots of hassles (19%) are more likely than those with few hassles (13%) to rate their joint pains as unbearable. On the other hand, those with few hassles (35%) are more likely than those with lots of hassles (11%) to rate their joint pains as slight.

The Causes of Pain

Not surprisingly, about two-thirds of those who suffer more than occasional headache pain see stress as an important cause of their pain. Fourteen percent of headache sufferers consider this stress to be job related;

another 50% leave the type of stress unspecified. Moreover, 48% cite stress as the single most important cause of their headaches (Table 32).

The cause of pain most frequently cited by those with more than occasional backache pain is injury to the back (27%). Five percent mention a sports injury to the back as a major cause of pain; another 22% mention some other type of injury to the back (Table 33).

Those with more than occasional muscle pain cite too much exercise as a major cause of their pain (35%). Other important causes are overexertion (20%) and some type of injury to the muscle (21%) (Table 34).

Arthritis is cited by 4 in 10 (41%) of those with more than occasional joint pain as an important cause of their pain, while 3 in 10 (29%) mention some type of injury (Table 35).

Nearly half (47%) of those with more than occasional stomach pain consider eating the wrong foods to be an important cause of pain. Unspecified stress is mentioned by 35%, and job stress (10%) is the next most frequently cited cause (Table 36). A full 33% of stomach pain sufferers say that stress is the single most important cause of their pain (Table 36).

Stress (34%) is mentioned most frequently by women as an important cause of their premenstrual or menstrual pain, and is mentioned by 4 out of 10 (40%) as the single most important cause of their pain (Table 37).

Lastly, tooth decay is cited by the largest percentage (38%) of those with more than occasional dental pain as the single most important cause of their pain (Table 38).

Consequences of Pain

The experience of pain can have a disruptive effect on people's daily routines (Table 39).

Fully three-quarters of those with more than occasional dental pain report difficulty eating (75%) and enjoying conversations with friends or family (74%) when they have dental pain. Three-quarters of headache sufferers report difficulty concentrating on their work (74%).

Over 6 in 10 sufferers of more than occasional headaches (67%), backaches (68%), premenstrual or menstrual pains (67%), muscle pains (62%), and stomach pains (60%) indicate difficulty engaging in recreational activities or hobbies of their choice.

More than 5 in 10 headache sufferers (58%) describe difficulties watching television because of their pain, and over 5 in 10 with backache pain (53%) report difficulty walking as a result of their pain.

In addition to these daily problems, pain sufferers often mention season or weather-related changes that affect their experience of pain. For example, 46% of joint pain sufferers mention that "cold weather," "rain," and "dampness" affect their pain. These factors are also reported by headache sufferers (30%), muscle pain sufferers (25%), backache sufferers (20%), and dental pain sufferers (5%) as aggravating the pain they experience.

Q.3

Table 27

HOW PEOPLE WITH MULTIPLE PAINS EVALUATE THEIR PAINS

Base: Those with pains for 6 or more days in the last 12 months

Q.: You said that ________________ were pain problems that you've experienced. Which of these pains has been the most troublesome for you?

	Headaches	Backaches	Muscle Pains	Joint Pains	Stomach Pains	Premenstrual or Menstrual Pains	Dental Pains
Base	536	415	399	412	249	159	101
	%	%	%	%	%	%	%
Proportion who have only this type of pain	14	10	8	13	9	16	2
Proportion who have this type of pain and at least one other type of pain	86	90	92	87	91	84	98
Most Troublesome Type of Pain (Base: Those With at Least One Other Type of Pain)	100%	100%	100%	100%	100%	100%	100%
Headaches	34	19	19	16	19	32	15
Backaches	24	48	30	28	23	16	16
Muscle pains	7	8	17	10	6	5	5
Joint pains	16	13	16	34	15	12	14
Stomach pains	8	6	11	7	28	8	12
Premenstrual or menstrual pains	6	3	3	4	5	20	3
Dental pains	5	4	4	1	5	7	35
Proportion (of all adults) who say this is most troublesome of more than one type of pain (Base: 1254)	13%	15%	5%	10%	5%	3%	3%

Q.4a,5a,6a,7a,8a,9a,10a

Table 28

HOW PEOPLE RATE THE SEVERITY OF THEIR PAINS

Base: Those who have experienced only one type of pain or have designated that pain as most troublesome (and who have also experienced these pains 6 or more days in last 12 months)

Q.: Measured on a scale of 1 to 10 -- with 1 being the least severe pain, and 10 being the most severe pain possible -- how would you rate the severity of these headaches?

Q.: Measured on a scale of 1 to 10 -- with 1 being the least severe pain, and 10 being the most severe pain possible -- how would you rate the severity of these backaches?

Q.: Measured on a scale of 1 to 10 -- with 1 being the least severe pain, and 10 being the most severe pain possible -- how would you rate the severity of these stomach pains?

Q.: Measured on a scale of 1 to 10 -- with 1 being the least severe pain, and 10 being the most severe pain possible -- how would you rate the severity of these joint pains?

Q.: Measured on a scale of 1 to 10 -- with 1 being the least severe pain, and 10 being the most severe pain possible -- how would you rate the severity of these muscle pains?

Q.: Measured on a scale of 1 to 10 -- with 1 being the least severe pain, and 10 being the most severe pain possible -- how would you rate the severity of these dental pains?

Q.: Measured on a scale of 1 to 10 -- with 1 being the least severe pain, and 10 being the most severe pain possible -- how would you rate the severity of these premenstrual or menstrual pains?

			Severity[1] of Pains				
	Base		Slight	Moderate	Severe	Unbearable	Not Sure
Headaches	248	%	22	42	26	9	2
Backaches	223	%	16	44	23	14	2
Muscle pains	92	%	34	40	18	5	3
Joint pains	177	%	22	41	22	12	2
Stomach pains	90	%	24	35	28	7	5
Premenstrual or menstrual pains	46	%	20	33	32	14	-
Dental pains	38	%	4	38	36	23	-

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[1] On a scale of 1 to 10,
1-3 = slight
4-6 = moderate
7-9 = severe
10 = unbearable

Q.4a

Table 29

PROFILE OF PEOPLE WHO RATE THE SEVERITY OF THEIR HEADACHES AS SLIGHT, MODERATE, SEVERE, OR UNBEARABLE

Base: Those who have experienced only headaches or have designated headaches as the most troublesome pain (and who have also experienced these headaches 6 or more days in last 12 months)

Q.: Measured on a scale of 1 to 10 -- with 1 being the least severe pain, and 10 being the most severe pain possible -- how would you rate the severity of these headaches?

			Severity of Pains				
	Base		Slight	Moderate	Severe	Unbearable	Not Sure
Total	248	%	22	42	26	9	2
Age							
18-34 years	132	%	20	47	24	9	1
35 and over	115	%	25	34	28	10	3
Sex							
Male	100	%	27	43	23	7	-
Female	148	%	17	42	27	11	3
Education							
High school graduate or less	107	%	19	37	30	13	3
Some college or more	141	%	23	50	20	5	1
Income							
$25,000 or less	100	%	13	39	29	17	2
$25,001 or over	124	%	28	44	22	3	1
Religion							
Protestant	130	%	19	42	29	8	2
Catholic	78	%	24	41	25	10	1
Professional							
See a professional	132	%	11	35	34	17	2
Don't see a professional	116	%	33	51	15	-	2
Take non-prescription drugs for pain	221	%	21	42	25	10	2

(Continued)

Q.4a

Table 29 (Continued)

PROFILE OF PEOPLE WHO RATE THE SEVERITY OF THEIR HEADACHES AS SLIGHT, MODERATE, SEVERE, OR UNBEARABLE

Base: Those who have experienced only headaches or have designated headaches as the most troublesome pain (and who have also experienced these headaches 6 or more days in last 12 months)

			Severity of Pains				
	Base		Slight	Moderate	Severe	Unbearable	Not Sure
Self-Reported Stress							
Low	104	%	30	45	18	5	-
Medium	120	%	15	41	30	10	4
High	24	%	13	31	28	28	-
Hassles Scale							
Low	72	%	36	41	15	6	2
Medium	92	%	16	50	28	3	3
High	84	%	14	34	32	19	1
Internal Health Locus of Control							
Low	89	%	10	43	29	15	2
Medium	81	%	27	48	19	5	-
High	78	%	27	35	28	8	3
Powerful Others Health Locus of Control							
Low	109	%	19	42	27	12	-
Medium	85	%	20	54	19	6	1
High	54	%	24	24	34	11	7
Chance Health Locus of Control							
Low	98	%	20	46	22	11	1
Medium	87	%	25	43	26	5	1
High	63	%	17	36	30	13	4

Q.5a

Table 30

PROFILE OF PEOPLE WHO RATE THE SEVERITY OF THEIR BACKACHES AS SLIGHT, MODERATE, SEVERE, OR UNBEARABLE

Base: Those who have experienced only backaches or have designated backaches as the most troublesome pain (and who have also experienced these backaches 6 or more days in last 12 months)

Q.: Measured on a scale of 1 to 10 -- with 1 being the least severe pain, and 10 being the most severe pain possible -- how would you rate the severity of these backaches?

			Severity of Pains				
	Base		Slight	Moderate	Severe	Unbearable	Not Sure
Total	223	%	16	44	23	14	2
Age							
18-34 years	65	%	15	47	28	12	-
35 and over	158	%	17	42	21	16	3
Sex							
Male	118	%	21	48	22	9	-
Female	105	%	11	39	26	19	4
Education							
High school graduate or less	123	%	16	42	19	20	3
Some college or more	100	%	15	48	32	3	1
Income							
$25,000 or less	102	%	14	44	19	19	3
$25,001 or over	94	%	20	43	28	7	-
Religion							
Protestant	136	%	18	43	20	15	3
Catholic	58	%	12	43	33	13	-
Professional							
See a professional	223	%	16	44	23	14	2
Don't see a professional	0	%	-	-	-	-	-
Take non-prescription drugs for pain	169	%	15	45	23	13	2

(Continued)

Q.5a

Table 30 (Continued)

PROFILE OF PEOPLE WHO RATE THE SEVERITY OF THEIR BACKACHES AS SLIGHT, MODERATE, SEVERE, OR UNBEARABLE

Base: Those who have experienced only backaches or have designated backaches as the most troublesome pain (and who have also experienced these backaches 6 or more days in last 12 months)

			Severity of Pains				
	Base		Slight	Moderate	Severe	Unbearable	Not Sure
Self-Reported Stress							
Low	115	%	22	44	22	11	3
Medium	91	%	11	47	26	17	-
High	15	%	7	33	34	21	4
Hassles Scale							
Low	71	%	29	49	14	5	3
Medium	82	%	10	48	27	12	2
High	70	%	11	34	29	25	-
Internal Health Locus of Control							
Low	82	%	16	42	25	13	5
Medium	75	%	15	43	25	16	-
High	66	%	17	45	21	15	-
Powerful Others Health Locus of Control							
Low	75	%	14	49	26	12	-
Medium	79	%	19	38	28	15	-
High	69	%	16	45	17	17	4
Chance Health Locus of Control							
Low	86	%	15	38	31	17	-
Medium	78	%	14	48	19	17	3
High	59	%	21	46	21	8	4

Q.7a

Table 31

PROFILE OF PEOPLE WHO RATE THE SEVERITY OF THEIR JOINT PAINS AS SLIGHT, MODERATE, SEVERE, OR UNBEARABLE

Base: Those who have experienced only joint pains or have designated joint pains as the most troublesome pain (and who have also experienced these joint pains 6 or more days in last 12 months)

Q.: Measured on a scale of 1 to 10 -- with 1 being the least severe pain, and 10 being the most severe pain possible -- how would you rate the severity of these joint pains?

			Severity of Pains				
	Base		Slight	Moderate	Severe	Unbearable	Not Sure
Total	177	%	22	41	22	12	2
Age							
18-34 years	43	%	17	48	26	7	-
35 and over	131	%	24	37	21	15	2
Sex							
Male	85	%	23	49	16	11	2
Female	92	%	22	35	26	14	3
Education							
High school graduate or less	102	%	23	43	19	14	2
Some college or more	75	%	24	35	31	8	4
Income							
$25,000 or less	92	%	21	39	21	17	2
$25,001 or over	64	%	23	50	16	9	1
Religion							
Protestant	107	%	23	44	18	12	2
Catholic	51	%	25	39	21	13	3
Professional							
See a professional	177	%	22	41	22	12	2
Don't see a professional	0	%	-	-	-	-	-
Take non-prescription drugs for pain	128	%	24	43	23	10	1

(Continued)

Q. 7a

Table 31 (Continued)

PROFILE OF PEOPLE WHO RATE THE SEVERITY OF THEIR JOINT PAINS AS SLIGHT, MODERATE, SEVERE, OR UNBEARABLE

Base: Those who have experienced only joint pains or have designated joint pains as the most troublesome pain (and who have also experienced these joint pains 6 or more days in last 12 months)

			Severity of Pains				
	Base		Slight	Moderate	Severe	Unbearable	Not Sure
Self-Reported Stress							
Low	88	%	27	45	21	8	1
Medium	67	%	15	39	26	15	3
High	18	%	21	36	17	25	-
Hassles Scale							
Low	55	%	35	39	13	13	1
Medium	64	%	22	39	31	5	3
High	58	%	11	44	22	19	3
Internal Health Locus of Control							
Low	79	%	25	31	23	19	3
Medium	44	%	25	44	27	3	-
High	54	%	19	54	15	9	3
Powerful Others Health Locus of Control							
Low	56	%	16	51	20	14	-
Medium	67	%	33	34	23	9	2
High	54	%	19	42	21	15	4
Chance Health Locus of Control							
Low	63	%	18	47	25	11	-
Medium	64	%	30	40	17	10	3
High	50	%	21	38	24	16	3

Q.4b,c

Table 32

WHAT HEADACHE SUFFERERS SAY ARE THE CAUSES OF THEIR HEADACHES

Base: Those who have experienced only headaches and have designated headaches as the most troublesome pain (and who have also experienced these headaches 6 or more days in last 12 months)

Q.: What two or three things do you believe were important causes of your headaches?

Q.: What do you believe was the single most important cause of your headaches?

	Causes	Single Most Important Cause
Base	248	228
	%	%
Stress (unspecified)	50	39
Sinus problems	18	15
Job stress	14	9
Fatigue	9	3
Eye problems/conditions	8	5
Weather	8	3
Dietary conditions/foods	7	4
Allergies	7	2
Friends/family problems	3	1
Drinking	2	1
Smoking	2	1
Noise	2	-
Financial problems	1	-
Pollution	-	-
Injury to head	-	-
Other	21	16
None	*	X
Not sure	7	X
Refused	-	X

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*Less than 0.5%.

X = Not applicable.

Q.5b,c

Table 33

WHAT BACKACHE SUFFERERS SAY ARE THE CAUSES OF THEIR BACKACHES

Base: Those who have experienced only backaches or have designated backaches as the most troublesome pain (and who have also experienced these backaches 6 or more days in last 12 months)

Q.: What two or three things do you believe were important causes of your backaches?

Q.: What do you believe was the single most important cause of your backaches?

	Causes	Single Most Important Cause
Base	223	215
	%	%
Injury to back (other than sports injury)	22	18
Overexertion	21	17
Too much exercise	10	6
Arthritis	10	6
Stress	7	4
Slipped disk	6	5
Sports injury to back	5	4
Being overweight	4	3
Sciatic nerve	3	2
Mattress	3	1
Too little exercise	3	2
Sitting too much	2	1
Poorly designed seating	2	2
Bad posture	2	*
Muscle spasms	2	1
Age	2	*
Kidney problems	2	2
Pregnancy	1	1
Other	29	24
None	-	X
Not sure	3	X
Refused	-	X

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*Less than 0.5%.

X = Not applicable.

Q.8b,c

Table 34

WHAT MUSCLE PAIN SUFFERERS SAY ARE THE CAUSES OF THEIR MUSCLE PAINS

Base: Those who have experienced only muscle pains or have designated muscle pains as the most troublesome pain (and who have also experienced these muscle pains 6 or more days in last 12 months)

Q.: What two or three things do you believe were important causes of your muscle pains?

Q.: What do you believe was the single most important cause of your muscle pains?

	Causes	Single Most Important Cause
Base	92	88
	%	%
Too much exercise	35	31
Overexertion	20	16
Sports injury to muscle	13	11
Other injury to muscle	9	8
Arthritis	6	5
Too little exercise	3	3
Weather	3	3
Rheumatism	-	-
Other	27	23
None	-	X
Not sure	5	X
Refused	-	X

X = Not applicable.

Q.7b,c

Table 35

WHAT JOINT PAIN SUFFERERS SAY ARE THE CAUSES OF THEIR JOINT PAINS

Base: Those who have experienced only joint pains or have designated joint pains as the most troublesome pain (and who have also experienced these joint pains 6 or more days in last 12 months)

Q.: What two or three things do you believe were important causes of your joint pains?

Q.: What do you believe was the single most important cause of your joint pains?

	Causes	Single Most Important Cause
Base	177	164
	%	%
Arthritis	41	33
Injury to joint (other than sports injury)	17	13
Sports injury to muscle	12	11
Too much exercise	10	7
Weather	8	4
Age	6	6
Overexertion	4	3
Calcium deposits	3	1
Bursitis	3	3
Rheumatism	2	1
Too little exercise	1	-
Inflammation	-	-
Other	25	17
None	1	X
Not sure	3	X
Refused	-	X

X = Not applicable.

Q.6b,c

Table 36

WHAT STOMACH PAIN SUFFERERS SAY ARE THE CAUSES OF THEIR STOMACH PAINS

Base: Those who have experienced only stomach pains or have designated stomach pains as the most troublesome pain (and who have also experienced these stomach pains 6 or more days in last 12 months)

Q.: What two or three things do you believe were important causes of your stomach pains?

Q.: What do you believe was the single most important cause of your stomach pains?

	Causes	Single Most Important Cause
Base	90	86
	%	%
Eating wrong foods	47	27
Stress (unspecified)	35	27
Job stress	10	6
Ulcer	9	4
Eating to much	7	3
Eating to little	3	1
Cancer	2	-
Friends/family problems	2	-
Other	47	33
None	-	X
Not sure	4	X
Refusal	-	X

X = Not applicable.

Q.10b,c

Table 37

WHAT PREMENSTRUAL OR MENSTRUAL PAIN SUFFERERS SAY ARE THE CAUSES OF THEIR PAINS

Base: Those who have experienced only premenstrual or menstrual pains or have designated premenstrual or menstrual pains as the most troublesome pain (and who have also experienced these premenstrual or menstrual pains 6 or more days in last 12 months)

Q.: What two or three things do you believe were important causes of your premenstrual or menstrual pains?

Q.: What do you believe was the single most important cause of your premenstrual or menstrual pains?

	Causes	Single Most Important Cause
Base	46	32
	%	%
Stress (unspecified)	30	35
Cramps	23	19
Diet	6	2
Job stress	4	5
Financial problems	4	-
Friends/family problems	3	4
Other	29	34
None	6	X
Not sure	22	X
Refused	-	X

X = Not applicable.

Q.9b,c

Table 38

WHAT DENTAL PAIN SUFFERERS SAY ARE THE CAUSES OF THEIR DENTAL PAINS

Base: Those who have experienced only dental pains or
have designated dental pains as the most troublesome pain
(and who have also experienced these dental pains 6 or
more days in last 12 months)

Q.: What two or three things do you believe were important causes of your dental pains?

Q.: What do you believe was the single most important cause of your dental pains?

	Causes	Single Most Important Cause
Base	38	38
	%	%
Tooth decay	46	38
Abscess	13	11
Problems with wisdom teeth	9	5
Gum disease	6	5
Jaw pain/TMJ	-	-
Hot and cold	-	-
Other	48	40
None	-	X
Not sure	-	X
Refused	-	X

X = Not applicable.

Q.4d,5d,6d,7d,8d,9d,10d

Table 39

SOME OF THE CONSEQUENCES OF PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

Q.: When you have headaches, would you say it's difficult for you to (READ EACH ITEM), or not?

Q.: When you have backaches, would you say it's difficult for you to (READ EACH ITEM), or not?

Q.: When you have stomach pains, would you say it's difficult for you to (READ EACH ITEM), or not?

Q.: When you have joint pains, would you say it's difficult for you to (READ EACH ITEM), or not?

Q.: When you have muscle pains, would you say it's difficult for you to (READ EACH ITEM), or not?

Q.: When you have dental pains, would you say it's difficult for you to (READ EACH ITEM), or not?

Q.: When you have premenstrual or menstrual pains, would you say it's difficult for you to (READ EACH ITEM), or not?

	Base		Enjoying Conversation With Friends and Family	Eating	Walking	Watching Television	Enjoying Recreational Activities or Hobbies	Concentrating on Work
Headaches	248	%	63	42	26	58	67	74
Backaches	223	%	41	15	53	31	68	47
Muscle pains	92	%	21	22	48	16	62	46
Joint pains	177	%	26	15	55	16	59	40
Stomach pains	90	%	55	64	31	20	60	64
Premenstrual or menstrual pains	46	%	58	39	43	23	67	63
Dental pains	38	%	74	75	5	27	47	71

IV-1: DIFFERENT PROFESSIONALS CONSULTED

Of the different professionals available to pain sufferers, medical doctors top the list in being consulted most frequently about pain. Nearly 3 out of 5 (58%) of those with more than occasional pain say they have seen a medical doctor for their pain, 18% have seen a chiropractor, and 12% have seen a pharmacist. Only 3% have consulted a pain specialist or nutritionist, and just 2% have consulted an acupuncturist or a spiritual counselor or faith healer about their pain. Among headache and dental pain sufferers, 23% have seen a dentist for their pain (Table 40).

Medical Doctor

Those with more than occasional backaches (70%) and joint pain (70%) are most likely to have consulted a medical doctor, followed by those with stomach pain (63%). Almost half of those reporting more than occasional headaches (48%), muscle pains (47%), and premenstrual or menstrual pains (49%) have also consulted a medical doctor about their pain. Not surprisingly, those who have suffered dental pain (only 23%) have consulted a medical doctor least frequently about their pain (Table 41).

Clearly, the more severe the pain, the greater the likelihood of having consulted a doctor. In fact, people who report having had unbearable pain (82%) are more than twice as likely to have seen a doctor as those with slight pain (39%).

In addition, individuals with high stress (64%) or many hassles (63%) show a greater tendency to have consulted a doctor than those with low stress (53%) or fewer hassles (49%) .

Regarding people's Health Locus of Control:

-- By a 16-point margin, high "internals" (49%) are less likely than low "internals" (65%) to have consulted a doctor.

-- Conversely, by a 12-point margin, people with strong beliefs in "powerful others" (65%) are more likely than those without such beliefs (53%) to have consulted a doctor.

Dentist

Almost 9 dental pain sufferers in 10 (88%) have consulted a dentist about their pain,[1] compared with only 1 headache pain suffer in 10 (12%). As expected, the more severe the pain, the more likely these pain sufferers are to have seen a dentist. In fact, those with unbearable pain are 4 times more likely than those with slight pain to report having consulted a dentist (48%, compared with 12%).

Although pain sufferers under high stress are more likely than those under low stress to have consulted a medical doctor, high stress individuals are no more likely than low stress individuals to have consulted a dentist. Similarly, pain sufferers with a "high internal locus of control" are just as likely as those with a low "internal locus of control" to have seen a dentist, and strong believers in "powerful others" are just as likely as those without such beliefs to have consulted a dentist about their pain (Table 42).

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[1] Only 38 dental pain sufferers were asked this question; therefore, the results for this group should be interpreted with caution.

Pain Specialist

Interestingly, 7%-of those who have suffered more than occasional backaches, 5% of stomach pain sufferers, and 4% of headache sufferers have consulted a pain specialist, whereas virtually none of those with other types of pain (i.e., joint pain, muscle pain, premenstrual or menstrual pain, or dental pain) report having consulted such a specialist.

Those with unbearable pain are 5 times more likely than those with slight pain to have consulted a pain specialist (10%, compared with 2%). However, stress or locus of control do not appear to influence the likelihood of consulting a pain specialist (Table 43).

Chiropractor

Over 4 in 10 individuals with more than occasional backache pain (41%) have consulted a chiropractor about their pain. In addition, 17% of muscle pain and joint pain sufferers and 11% of headache sufferers have seen a chiropractor, while only 3% with dental pain, 2% with stomach pain, and 1% with premenstrual or menstrual pain report such consultations (Table 44).

Those with unbearable pain are almost 3 times as likely as those with slight pain to have consulted a chiropractor (26%, compared with 9%). However, again, stress does not appear to be a factor in whether a chiropractor was consulted for pain.

Those with a high "internal locus of control" show no more reluctance to consult a chiropractor than those with a "low internal locus of control." But unexpectedly, those with strong beliefs in "powerful others" are less likely to do so than those without such beliefs (13%, compared with 22%).

Nutritionist

Five percent of joint pain, stomach pain, and premenstrual or menstrual pain sufferers have consulted a nutritionist for their pain. Four percent of backache sufferers and 2% of headache and muscle pain sufferers have also seen a nutritionist. No dental pain sufferers report ever having consulted a nutritionist about their pain (Table 45).

Those with unbearable pain are no more likely than those with slight pain to have consulted a nutritionist (2% and 3%, respectively). However, 7% of those with "severe" pain report having had such consultations.

Acupuncturist

Four percent of backache sufferers have consulted an acupuncturist, compared with 2% of joint pain sufferers and premenstrual or menstrual pain sufferers. Headache and stomach pain sufferers are next with 1%. However, no individuals with muscle or dental pain report having consulted an acupuncturist (Table 46).

As is the case with nutritionists, severity of pain does not appear to influence the decision to consult an acupuncturist for pain. Those with unbearable pain are no more likely than those with slight pain to have consulted such a practioner (3% and 2%, respectively).

Spiritual Counselor or Faith Healer

Five percent of dental pain sufferers, followed by 3% of muscle pain sufferers and 2% of premenstrual or menstrual pain sufferers, have consulted a spiritual counselor or faith healer about their pain. Of those with more than occasional headaches, backaches, joint pains, and stomach pains 1% have consulted a spiritual counselor or faith healer about their pain (Table 47).

Severity of pain is not a factor in whether pain sufferers have consulted a spiritual counselor or faith healer, as in the case of consultations with a nutritionist or chiropractor. Those with unbearable pain are, again, no more likely than those with slight pain to have consulted a spiritual counselor or faith healer (3% and 2%, respectively).

Pharmacist

Fifteen percent of headache sufferers and 14% of premenstrual or menstrual pain sufferers have consulted a pharmacist about their pain. Such a professional has also been consulted by 12% of backache, joint pain, and stomach pain sufferers. Only 8% of dental pain sufferers and 2% of muscle pain sufferers have consulted a pharmacist about their pain (Table 48).

Individuals who report unbearable pain are more than 3 times as likely as those who report slight pain to have consulted a pharmacist (17%, compared with 5%).

Similarly, those with high stress or many hassles are more likely to have consulted a pharmacist than their counterparts with low stress or few hassles (18% versus 8% and 16% versus 5%, respectively). However, health locus of control does not play a role in whether pain sufferers consult a pharmacist. Those with a high "internal locus of control" are just as likely as those with a low "internal locus of control" to have consulted a pharmacist (12% and 14%, respectively), and those with strong beliefs in "powerful others" are no more likely than their counterparts without such beliefs to have taken this action (11% and 10%, respectively).

Observation:

Severity of pain appears to be one of the most important factors influencing a person's decision to consult a professional. The more severe one's pain, the more likely one is to seek professional advice about it.

Severity of pain is important when consulting health professionals, such as medical doctors, dentists, pharmacists, and chiropractors, but particularly important in deciding whether to consult a pain specialist.

Stress is a relevant factor in the decision to consult a doctor or pharmacist, but does not appear to be an important factor for other types of professionals.

In addition, "health locus of control" appears to be important only with respect to medical doctors. Those with a high "internal locus of control" are less likely than others to believe they need to consult a doctor about their pain. They strongly believe that staying sick or getting healthy is determined by individual behavior and not others' behavior. On the other hand, strong believers in "powerful others" are more likely to consult a doctor because of their belief that whether they stay sick or get healthy depends primarily on the doctor's behavior.

The reason that health locus of control is important only in the case of doctors may be due to the prestige of medical doctors compared with other types of health professionals.

Q.11,18,23,26,29,32,35,38

Table 40

WHETHER PAIN SUFFERERS HAVE CONSULTED DIFFERENT PROFESSIONALS ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

Q.: Have you ever consulted a medical doctor about your pain, or haven't you?

Q.: Have you ever consulted a dentist about your pain, or haven't you?

Q.: Have you ever consulted a pain specialist about your pain, or haven't you?

Q.: Have you ever consulted a chiropractor about your pain, or haven't you?

Q.: Have you ever consulted a nutritionist about your pain, or haven't you?

Q.: Have you ever consulted an acupuncturist about your pain, or haven't you?

Q.: Have you ever consulted a spiritual counselor or faith healer about your pain, or haven't you?

Q.: Have you ever consulted a pharmacist about your pain, or haven't you?

Base: 914	Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Medical doctor	58	42	-	-
Dentist[1]	23	77	-	-
Pain specialist	3	96	*	-
Chiropractor	18	82	-	-
Nutritionist	3	97	-	-
Acupunturist	2	98	-	-
Spiritual counselor or faith healer	2	98	*	-
Pharmacist	12	88	-	-

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*Less than 0.5%.

[1] Only headache and dental pain sufferers were asked if they have ever consulted a dentist about their pain. Therefore, the base for dentists is 286, rather than 914.

Q.11

Table 41

WHETHER PAIN SUFFERERS HAVE CONSULTED A MEDICAL DOCTOR ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

Q.: Have you ever consulted a medical doctor about your pain, or haven't you?

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Total	914	%	58	42	-	-
Age						
18-24 years	147	%	39	61	-	-
25-34 years	231	%	51	49	-	-
35-49 years	238	%	57	43	-	-
50-64 years	171	%	75	25	-	-
65 and over	122	%	74	26	-	-
Sex						
Male	431	%	51	49	-	-
Female	483	%	63	37	-	-
Education						
Some high school	157	%	68	32	-	-
High school graduate	318	%	55	45	-	-
Some college	162	%	55	45	-	-
College graduate or more	277	%	52	48	-	-
Income						
$7,500 or less	113	%	60	40	-	-
$7,501-$15,000	130	%	62	38	-	-
$15,001-$25,000	182	%	59	41	-	-
$25,001-$35,000	174	%	57	43	-	-
$35,001-$50,000	128	%	57	43	-	-
$50,001 or over	91	%	49	51	-	-
Race						
White	799	%	58	42	-	-
Black	63	%	61	39	-	-
Hispanic	52	%	58	42	-	-
Size of Place						
Urban	273	%	56	44	-	-
Suburban	431	%	58	42	-	-
Rural	210	%	60	40	-	-

(Continued)

~~Q.11~~

Table 41 (Continued)

WHETHER PAIN SUFFERERS HAVE CONSULTED A MEDICAL DOCTOR ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Region						
East	220	%	59	41	-	-
Midwest	241	%	52	48	-	-
South	276	%	63	37	-	-
West	177	%	56	44	-	-
Religion						
Protestant	521	%	60	40	-	-
Catholic	250	%	56	44	-	-
Generation in U.S.						
First	65	%	59	41	-	-
Second	260	%	55	45	-	-
Third or more	560	%	59	41	-	-
Children in household	343	%	50	50	-	-
Parents have ever had severe pain	428	%	60	40	-	-
Use video display terminal	136	%	55	45	-	-
Employment						
Employed full-time	485	%	53	47	-	-
Employed part-time	100	%	57	43	-	-
Unemployed	45	%	59	41	-	-
Retired	119	%	70	30	-	-
Occupation						
Homemaker	96	%	56	44	-	-
Working mother	102	%	56	44	-	-
Advertising executive	74	%	53	47	-	-
Floor trader	40	%	60	40	-	-
Professional/managerial/ proprietor	210	%	56	44	-	-
Clerical/sales/service	206	%	58	42	-	-
Skilled labor	103	%	46	54	-	-
Unskilled labor	54	%	48	52	-	-
Self-Reported Stress						
Low	410	%	53	47	-	-
Medium	404	%	62	38	-	-
High	91	%	64	36	-	-

(Continued)

Q.11

Table 41 (Continued)

WHETHER PAIN SUFFERERS HAVE CONSULTED A MEDICAL DOCTOR ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Hassles Scale						
Low	268	%	49	51	-	-
Medium	322	%	60	40	-	-
High	324	%	63	37	-	-
Internal Health Locus of Control						
Low	347	%	65	35	-	-
Medium	270	%	59	41	-	-
High	297	%	49	51	-	-
Powerful Others Health Locus of Control						
Low	338	%	53	47	-	-
Medium	323	%	57	43	-	-
High	253	%	65	35	-	-
Chance Health Locus of Control						
Low	360	%	57	43	-	-
Medium	324	%	54	46	-	-
High	230	%	64	36	-	-
Pains						
Headaches	248	%	48	52	-	-
Backaches	223	%	70	30	-	-
Muscle pains	92	%	47	53	-	-
Joint pains	177	%	70	30	-	-
Stomach pains	90	%	63	37	-	-
Premenstrual or menstrual pains	46	%	49	51	-	-
Dental pains	38	%	23	77	-	-
Take Non-Prescription Drugs for Pain	720	%	60	40	-	-
Severity of Pains						
Slight	198	%	39	61	-	-
Moderate	378	%	51	50	-	-
Severe	227	%	74	26	-	-
Unbearable	91	%	82	18	-	-

Q.18

Table 42

WHETHER PAIN SUFFERERS HAVE CONSULTED A DENTIST ABOUT THEIR HEADACHE OR DENTAL PAIN

Base: Those who have experienced only headache or dental pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

Q.: Have you ever consulted a dentist about your pain, or haven't you?

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Total	286	%	23	77	-	-
Age						
18-34 years	158	%	23	76	-	-
35 and over	127	%	22	78	-	-
Sex						
Male	122	%	23	77		-
Female	164	%	23	77	-	-
Education						
High school graduate or less	124	%	22	79	-	-
Some college	162	%	25	75	-	-
Income						
$25,000 or less	118	%	26	74	-	-
$25,001 or more	142	%	19	80	-	-
Race						
White	247	%	23	77	-	-
Black	20	%	26	74	-	-
Hispanic	19	%	20	80	-	-
Size of Place						
Urban	95	%	28	72	-	-
Suburban	123	%	26	74	-	-
Rural	68	%	11	89	-	-
Region						
East	72	%	22	78	-	-
Midwest	73	%	23	77	-	-
South	92	%	20	80	-	-
West	49	%	29	71	-	-

(Continued)

Q.18

Table 42 (Continued)

WHETHER PAIN SUFFERERS HAVE CONSULTED A DENTIST ABOUT THEIR HEADACHE OR DENTAL PAIN

Base: Those who have experienced only headache or dental pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Religion						
Protestant	150	%	25	75	-	-
Catholic	85	%	19	81	-	-
Generation in U.S.						
First	19	%	28	72	-	-
Second	88	%	29	71	-	-
Third or more	172	%	19	81	-	-
Children in household	129	%	22	78	-	-
Parents have ever had severe pain	136	%	29	71	-	-
Use video display terminal	54	%	31	69	-	-
Self-Reported Stress						
Low	120	%	23	77	-	-
Medium	138	%	25	75	-	-
High	28	%	15	85	-	-
Hassles Scale						
Low	81	%	24	76	-	-
Medium	106	%	20	80	-	-
High	99	%	24	76	-	-
Internal Health Locus of Control						
Low	104	%	25	75	-	-
Medium	88	%	21	79	-	-
High	94	%	23	77	-	-
Powerful Others Health Locus of Control						
Low	122	%	24	76	-	-
Medium	96	%	20	80	-	-
High	68	%	25	75	-	-

(Continued)

Q.18

Table 42 (Continued)

WHETHER PAIN SUFFERERS HAVE CONSULTED A DENTIST ABOUT THEIR HEADACHE OR DENTAL PAIN

Base: Those who have experienced only headache or dental pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Chance Health Locus of Control						
Low	111	%	19	81	-	-
Medium	102	%	27	73	-	-
High	73	%	23	77	-	-
Pains						
Headaches	248	%	12	88	-	-
Backaches	-	%	X	X	X	X
Muscle pains	-	%	X	X	X	X
Joint pains	-	%	X	X	X	X
Stomach pains	-	%	X	X	X	X
Premenstrual or menstrual pains	-	%	X	X	X	X
Dental pains	38	%	88	12	-	-
Take Non-Prescription Drugs for Pain	252	%	23	77	-	-
Severity of Pains						
Slight	58	%	12	82	-	-
Moderate	122	%	18	72	-	-
Severe	74	%	31	69	-	-
Unbearable	28	%	48	52	-	-

X = Question not asked.

Q.23

Table 43

WHETHER PAIN SUFFERERS HAVE CONSULTED A PAIN SPECIALIST ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

Q.: Have you ever consulted a pain specialist about your pain, or haven't you?

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Total	914	%	3	96	*	-
Age						
18-24 years	147	%	1	99	-	-
25-34 years	231	%	1	98	*	-
35-49 years	238	%	3	97	*	-
50-64 years	171	%	5	94	1	-
65 and over	122	%	7	92	*	-
Sex						
Male	431	%	2	97	*	-
Female	483	%	4	96	*	-
Education						
Some high school	157	%	6	94	-	-
High school graduate	318	%	2	97	1	-
Some college	162	%	2	98	1	-
College graduate or more	277	%	2	97	*	-
Income						
$7,500 or less	113	%	2	98	-	-
$7,501-$15,000	130	%	5	93	1	-
$15,001-$25,000	182	%	2	97	*	-
$25,001-$35,000	174	%	2	98	-	-
$35,001-$50,000	128	%	3	96	1	-
$50,001 or over	91	%	3	98	-	-
Race						
White	799	%	3	97	*	-
Black	63	%	6	94	-	-
Hispanic	52	%	2	98	-	-
Size of Place						
Urban	273	%	4	96	-	-
Suburban	431	%	3	96	*	-
Rural	210	%	2	97	1	-

(Continued)

Q.23

Table 43 (Continued)

WHETHER PAIN SUFFERERS HAVE CONSULTED A PAIN SPECIALIST ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Region						
East	220	%	4	96	*	-
Midwest	241	%	1	99	-	-
South	276	%	4	96	*	-
West	177	%	4	94	1	-
Religion						
Protestant	521	%	4	95	1	-
Catholic	250	%	2	98	-	-
Generation in U.S.						
First	65	%	2	98	-	-
Second	260	%	3	96	1	-
Third or more	560	%	3	97	*	-
Children in household	343	%	2	98	-	-
Parents have ever had severe pain	428	%	2	97	*	-
Use video display terminal	136	%	2	98	-	-
Employment						
Employed full-time	485	%	2	97	*	-
Employed part-time	100	%	4	95	1	-
Unemployed	45	%	2	98	-	-
Retired	119	%	7	93	1	-
Occupation						
Homemaker	96	%	2	98	-	-
Working mother	102	%	4	96	-	-
Advertising executive	74	%	3	97	-	-
Floor trader	40	%	3	98	-	-
Advertising executive						
Professional/managerial/ proprietor	210	%	3	96	1	-
Clerical/sales/service	206	%	2	98	1	-
Skilled labor	103	%	4	96	-	-
Unskilled labor	54	%	2	98	-	-
Self-Reported Stress						
Low	410	%	4	96	-	-
Medium	404	%	3	97	1	-
High	91	%	2	98	-	-

(Continued)

Q.23

Table 43 (Continued)

WHETHER PAIN SUFFERERS HAVE CONSULTED A PAIN SPECIALIST ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Hassles Scale						
Low	268	%	4	96	1	-
Medium	322	%	3	97	-	-
High	324	%	3	96	1	-
Internal Health Locus of Control						
Low	347	%	5	95	1	-
Medium	270	%	3	97	*	-
High	297	%	2	98	-	-
Powerful Others Health Locus of Control						
Low	338	%	3	97	*	-
Medium	323	%	4	95	1	-
High	253	%	3	97	-	-
Chance Health Locus of Control						
Low	360	%	3	97	-	-
Medium	324	%	3	97	*	-
High	230	%	4	95	1	-
Pains						
Headaches	248	%	4	96	*	-
Backaches	223	%	7	93	*	-
Muscle pains	92	%	-	100	-	-
Joint pains	177	%	*	99	*	-
Stomach pains	90	%	5	95	-	-
Premenstrual or menstrual pains	46	%	-	100	-	-
Dental pains	38	%	-	98	2	-
Take Non-Prescription Drugs For Pain	720	%	3	96	*	-
Severity of Pains						
Slight	198	%	2	99	1	-
Moderate	378	%	3	97	*	-
Severe	227	%	4	96	*	-
Unbearable	91	%	10	90	-	-

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*Less than 0.5%.

Q.26

Table 44

WHETHER PAIN SUFFERERS HAVE CONSULTED A CHIROPRACTOR ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

Q.: Have you ever consulted a chiropractor about your pain, or haven't you?

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Total	914	%	18	82	-	-
Age						
18-24 years	147	%	10	90	-	-
25-34 years	231	%	15	85	-	-
35-49 years	238	%	19	81	-	-
50-64 years	171	%	24	76	-	-
65 and over	122	%	27	73	-	-
Sex						
Male	431	%	19	81	-	-
Female	483	%	18	82	-	-
Education						
Some high school	157	%	20	80	-	-
High school graduate	318	%	18	82	-	-
Some college	162	%	14	86	-	-
College graduate or more	277	%	20	80	-	-
Income						
$7,500 or less	113	%	19	81	-	-
$7,501-$15,000	130	%	24	76	-	-
$15,001-$25,000	182	%	20	80	-	-
$25,001-$35,000	174	%	19	81	-	-
$35,001-$50,000	128	%	13	87	-	-
$50,001 or over	91	%	14	86	-	-
Race						
White	799	%	19	81	-	-
Black	63	%	12	88	-	-
Hispanic	52	%	24	76	-	-
Size of Place						
Urban	273	%	13	87	-	-
Suburban	431	%	22	78	-	-
Rural	210	%	18	82	-	-

(Continued)

Q.26

Table 44 (Continued)

WHETHER PAIN SUFFERERS HAVE CONSULTED A CHIROPRACTOR ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Region						
East	220	%	17	83	-	-
Midwest	241	%	17	83	-	-
South	276	%	18	82	-	-
West	177	%	24	76	-	-
Religion						
Protestant	521	%	20	80	-	-
Catholic	250	%	14	86	-	-
Generation in U.S.						
First	65	%	22	78	-	-
Second	260	%	17	83	-	-
Third or more	560	%	19	81	-	-
Children in household	343	%	15	85	-	-
Parents have ever had severe pain	428	%	20	80	-	-
Use video display terminal	136	%	13	87	-	-
Employment						
Employed full-time	485	%	18	82	-	-
Employed part-time	100	%	17	83	-	-
Unemployed	45	%	11	89	-	-
Retired	119	%	26	74	-	-
Occupation						
Homemaker	96	%	16	84	-	-
Working mother	102	%	19	81	-	-
Advertising executive	74	%	5	95	-	-
Floor trader	40	%	15	85	-	-
Professional/managerial/ proprietor	210	%	21	79	-	-
Clerical/sales/service	206	%	13	87	-	-
Skilled labor	103	%	19	81	-	-
Unskilled labor	54	%	18	82	-	-
Self-Reported Stress						
Low	410	%	20	80	-	-
Medium	404	%	18	82	-	-
High	91	%	15	85	-	-

(Continued)

Q.26

Table 44 (Continued)

WHETHER PAIN SUFFERERS HAVE CONSULTED A CHIROPRACTOR ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Hassles Scale						
Low	268	%	16	84	-	-
Medium	322	%	18	82	-	-
High	324	%	21	79	-	-
Internal Health Locus of Control						
Low	347	%	17	83	-	-
Medium	270	%	21	79	-	-
High	297	%	17	83	-	-
Powerful Others Health Locus of Control						
Low	338	%	22	78	-	-
Medium	323	%	19	81	-	-
High	253	%	13	87	-	-
Chance Health Locus of Control						
Low	360	%	20	80	-	-
Medium	324	%	17	83	-	-
High	230	%	18	82	-	-
Pains						
Headaches	248	%	11	89	-	-
Backaches	223	%	41	59	-	-
Muscle pains	92	%	17	83	-	-
Joint pains	177	%	17	83	-	-
Stomach pains	90	%	2	98	-	-
Premenstrual or menstrual pains	46	%	1	99	-	-
Dental pains	38	%	3	97	-	-
Take Non-Prescription Drugs For Pain	720	%	18	82	-	-
Severity of Pains						
Slight	198	%	9	91	-	-
Moderate	378	%	18	82	-	-
Severe	227	%	23	77	-	-
Unbearable	91	%	26	74	-	-

Q.29

Table 45

WHETHER PAIN SUFFERERS HAVE CONSULTED A NUTRITIONIST ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

Q.: Have you ever consulted a nutritionist about your pain, or haven't you?

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Total	914	%	3	97	-	-
Age						
18-24 years	147	%	1	99	-	-
25-34 years	231	%	5	95	-	-
35-49 years	238	%	2	98	-	-
50-64 years	171	%	4	96	-	-
65 and over	122	%	4	96	-	-
Sex						
Male	431	%	4	96	-	-
Female	483	%	3	97	-	-
Education						
Some high school	157	%	2	98	-	-
High school graduate	318	%	2	98	-	-
Some college	162	%	5	95	-	-
College graduate or more	277	%	7	93	-	-
Income						
$7,500 or less	113	%	2	98	-	-
$7,501-$15,000	130	%	4	96	-	-
$15,001-$25,000	182	%	3	97	-	-
$25,001-$35,000	174	%	4	96	-	-
$35,001-$50,000	128	%	4	96	-	-
$50,001 or over	91	%	4	96	-	-
Race						
White	799	%	4	96	-	-
Black	63	%	-	100	-	-
Hispanic	52	%	5	95	-	-
Size of Place						
Urban	273	%	3	97	-	-
Suburban	431	%	4	96	-	-
Rural	210	%	2	98	-	-

(Continued)

Q.29

Table 45 (Continued)

WHETHER PAIN SUFFERERS HAVE CONSULTED A NUTRITIONIST ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Region						
East	220	%	2	98	-	-
Midwest	241	%	2	98	-	-
South	276	%	3	97	-	-
West	177	%	7	93	-	-
Religion						
Protestant	521	%	2	98	-	-
Catholic	250	%	3	97	-	-
Generation in U.S.						
First	65	%	4	96	-	-
Second	260	%	3	97	-	-
Third or more	560	%	3	97	-	-
Children in household	343	%	2	98	-	-
Parents have ever had severe pain	428	%	5	95	-	-
Use video display terminal	136	%	4	96	-	-
Employment						
Employed full-time	485	%	2	98	-	-
Employed part-time	100	%	7	93	-	-
Unemployed	45	%	2	98	-	-
Retired	119	%	4	96	-	-
Occupation						
Homemaker	96	%	2	98	-	-
Working mother	102	%	3	97	-	-
Advertising executive	74	%	4	96	-	-
Floor trader	40	%	3	98	-	-
Advertising executive						
Professional/managerial/ proprietor	210	%	5	95	-	-
Clerical/sales/service	206	%	3	97	-	-
Skilled labor	103	%	3	97	-	-
Unskilled labor	54	%	-	100	-	-
Self-Reported Stress						
Low	410	%	3	97	-	-
Medium	404	%	3	97	-	-
High	91	%	7	93	-	-

(Continued)

Q.29

Table 45 (Continued)

WHETHER PAIN SUFFERERS HAVE CONSULTED A NUTRITIONIST ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Hassles Scale						
Low	268	%	2	98	-	-
Medium	322	%	3	97	-	-
High	324	%	5	95	-	-
Internal Health Locus of Control						
Low	347	%	2	98	-	-
Medium	270	%	3	97	-	-
High	297	%	5	95	-	-
Powerful Others Health Locus of Control						
Low	338	%	4	96	-	-
Medium	323	%	3	97	-	-
High	253	%	3	97	-	-
Chance Health Locus of Control						
Low	360	%	5	95	-	-
Medium	324	%	2	98	-	-
High	230	%	2	98	-	-
Pains						
Headaches	248	%	2	98	-	-
Backaches	223	%	4	96	-	-
Muscle pains	92	%	2	98	-	-
Joint pains	177	%	5	95	-	-
Stomach pains	90	%	5	95	-	-
Premenstrual or menstrual pains	46	%	5	95	-	-
Dental pains	38	%	-	100	-	-
Take Non-Prescription Drugs For Pain	720	%	3	97	-	-
Severity of Pains						
Slight	198	%	3	98	-	-
Moderate	378	%	2	98	-	-
Severe	227	%	7	93	-	-
Unbearable	91	%	2	98	-	-

Q.32

Table 46

WHETHER PAIN SUFFERERS HAVE CONSULTED AN ACUPUNCTURIST ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

Q.: Have you ever consulted an acupuncturist about your pain, or haven't you?

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Total	914	%	2	98	-	-
Age						
18-24 years	147	%	-	10	-	-
25-34 years	231	%	2	98	-	-
35-49 years	238	%	2	98	-	-
50-64 years	171	%	2	98	-	-
65 and over	122	%	2	98	-	-
Sex						
Male	431	%	3	97	-	-
Female	483	%	1	99	-	-
Education						
Some high school	157	%	1	99	-	-
High school graduate	318	%	1	99	-	-
Some college	162	%	2	98	-	-
College graduate or more	277	%	4	96	-	-
Income						
$7,500 or less	113	%	-	100	-	-
$7,501-$15,000	130	%	1	99	-	-
$15,001-$25,000	182	%	3	97	-	-
$25,001-$35,000	174	%	2	98	-	-
$35,001-$50,000	128	%	1	99	-	-
$50,001 or over	91	%	4	96	-	-
Race						
White	799	%	2	98	-	-
Black	63	%	1	99	-	-
Hispanic	52	%	2	98	-	-
Size of Place						
Urban	273	%	2	98	-	-
Suburban	431	%	2	98	-	-
Rural	210	%	*	100	-	-

(Continued)

Q.32

Table 46 (Continued)

WHETHER PAIN SUFFERERS HAVE CONSULTED AN ACUPUNCTURIST ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Region						
East	220	%	2	98	-	-
Midwest	241	%	-	100	-	-
South	276	%	1	99	-	-
West	177	%	4	96	-	-
Religion						
Protestant	521	%	1	99	-	-
Catholic	250	%	2	98	-	-
Generation in U.S.						
First	65	%	3	97	-	-
Second	260	%	1	99	-	-
Third or more	560	%	2	98	-	-
Children in household	343	%	1	99	-	-
Parents have ever had severe pain	428	%	2	98	-	-
Use video display terminal	136	%	1	99	-	-
Employment						
Employed full-time	485	%	1	99	-	-
Employed part-time	100	%	1	99	-	-
Unemployed	45	%	2	98	-	-
Retired	119	%	3	97	-	-
Occupation						
Homemaker	96	%	-	100	-	-
Working mother	102	%	-	100	-	-
Advertising executive	74	%	4	96	-	-
Floor trader	40	%	3	98	-	-
Professional/managerial/proprietor	210	%	3	97	-	-
Clerical/sales/service	206	%	1	99	-	-
Skilled labor	103	%	-	100	-	-
Unskilled labor	54	%	-	100	-	-
Self-Reported Stress						
Low	410	%	*	100	-	-
Medium	404	%	3	97	-	-
High	91	%	3	97	-	-

(Continued)

Q.32

Table 46 (Continued)

WHETHER PAIN SUFFERERS HAVE CONSULTED AN ACUPUNCTURIST ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Hassles Scale						
Low	268	%	*	100	-	-
Medium	322	%	3	97	-	-
High	324	%	2	98	-	-
Internal Health Locus of Control						
Low	347	%	1	99	-	-
Medium	270	%	2	98	-	-
High	297	%	2	98	-	-
Powerful Others Health Locus of Control						
Low	338	%	2	98	-	-
Medium	323	%	2	98	-	-
High	253	%	1	99	-	-
Chance Health Locus of Control						
Low	360	%	2	98	-	-
Medium	324	%	1	99	-	-
High	230	%	2	98	-	-
Pains						
Headaches	248	%	1	99	-	-
Backaches	223	%	4	96	-	-
Muscle pains	92	%	-	100	-	-
Joint pains	177	%	2	98	-	-
Stomach pains	90	%	1	99	-	-
Premenstrual or menstrual pains	46	%	2	98	-	-
Dental pains	38	%	-	100	-	-
Take Non-Prescription Drugs For Pain	720	%	2	98	-	-
Severity of Pains						
Slight	198	%	2	98	-	-
Moderate	378	%	1	99	-	-
Severe	227	%	3	97	-	-
Unbearable	91	%	3	97	-	-

Q.35

Table 47

WHETHER PAIN SUFFERERS HAVE CONSULTED A SPIRITUAL COUNSELOR ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

Q.: Have you ever consulted an spiritual counsel about your pain, or haven't you?

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Total	914	%	2	98	-	-
Age						
18-24 years	147	%	-	100	-	-
25-34 years	231	%	1	99	1	-
35-49 years	238	%	3	97	-	-
50-64 years	171	%	2	98	-	-
65 and over	122	%	3	97	-	-
Sex						
Male	431	%	1	99	*	-
Female	483	%	2	98	-	-
Education						
Some high school	157	%	2	98	-	-
High school graduate	318	%	1	99	*	-
Some college	162	%	2	98	-	-
College graduate or more	277	%	2	98	-	-
Income						
$7,500 or less	113	%	3	97	-	-
$7,501-$15,000	130	%	2	98	-	-
$15,001-$25,000	182	%	1	99	-	-
$25,001-$35,000	174	%	2	98	-	-
$35,001-$50,000	128	%	1	98	1	-
$50,001 or over	91	%	-	100	-	-
Race						
White	799	%	1	99	*	-
Black	63	%	6	94	-	-
Hispanic	52	%	1	99	-	-
Size of Place						
Urban	273	%	1	98	*	-
Suburban	431	%	2	98	-	-
Rural	210	%	1	99	-	-

(Continued)

Q.35

Table 47 (Continued)

WHETHER PAIN SUFFERERS HAVE CONSULTED A SPIRITUAL COUNSELOR ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Region						
East	220	%	1	99	-	-
Midwest	241	%	1	98	1	-
South	276	%	2	98	-	-
West	177	%	3	97	-	-
Religion						
Protestant	521	%	2	98	-	-
Catholic	250	%	1	99	-	-
Generation in U.S.						
First	65	%	3	95	2	-
Second	260	%	1	99	-	-
Third or more	560	%	2	98	-	-
Children in household	343	%	2	98	-	-
Parents have ever had severe pain	428	%	2	98	*	-
Use video display terminal	136	%	*	100	-	-
Employment						
Employed full-time	485	%	1	99	*	-
Employed part-time	100	%	1	99	-	-
Unemployed	45	%	-	100	-	-
Retired	119	%	2	98	-	-
Occupation						
Homemaker	96	%	3	97	-	-
Working mother	102	%	1	99	-	-
Advertising executive	74	%	-	100	-	-
Floor trader	40	%	-	100	-	-
Professional/managerial/ proprietor	210	%	1	98	1	-
Clerical/sales/service	206	%	2	98	-	-
Skilled labor	103	%	1	99	-	-
Unskilled labor	54	%	-	100	-	-
Self-Reported Stress						
Low	410	%	2	98	*	-
Medium	404	%	1	99	-	-
High	91	%	-	100	-	-

(Continued)

Q.35

Table 47 (Continued)

WHETHER PAIN SUFFERERS HAVE CONSULTED A SPIRITUAL COUNSELOR ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Hassles Scale						
Low	268	%	2	99	-	-
Medium	322	%	2	98	*	-
High	324	%	2	98	-	-
Internal Health Locus of Control						
Low	347	%	1	99	*	-
Medium	270	%	1	99	-	-
High	297	%	3	97	-	-
Powerful Others Health Locus of Control						
Low	338	%	2	98	-	-
Medium	323	%	1	99	-	-
High	253	%	2	97	*	-
Chance Health Locus of Control						
Low	360	%	2	98	-	-
Medium	324	%	1	99	-	-
High	230	%	2	97	*	-
Pains						
Headaches	248	%	1	99	-	-
Backaches	223	%	1	98	1	-
Muscle pains	92	%	3	97	-	-
Joint pains	177	%	1	99	-	-
Stomach pains	90	%	1	99	-	-
Premenstrual or menstrual pains	46	%	2	98	-	-
Dental pains	38	%	5	95	-	-
Take Non-Prescription Drugs For Pain	720	%	2	98	*	-
Severity of Pains						
Slight	198	%	2	99	1	-
Moderate	378	%	1	99	-	-
Severe	227	%	2	98	-	-
Unbearable	91	%	3	97	-	-

Q.38

Table 48

WHETHER PAIN SUFFERERS HAVE CONSULTED A PHARMACIST ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

Q.: Have you ever consulted a pharmacist about your pain, or haven't you?

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Total	914	%	12	88	-	-
Age						
18-24 years	147	%	12	88	-	-
25-34 years	231	%	15	85	-	-
35-49 years	238	%	10	90	-	-
50-64 years	171	%	10	90	-	-
65 and over	122	%	9	91	-	-
Sex						
Male	431	%	10	90	-	-
Female	483	%	13	87	-	-
Education						
Some high school	157	%	11	89	-	-
High school graduate	318	%	11	89	-	-
Some college	162	%	15	85	-	-
College graduate or more	277	%	12	88	-	-
Income						
$7,500 or less	113	%	15	85	-	-
$7,501-$15,000	130	%	17	83	-	-
$15,001-$25,000	182	%	10	90	-	-
$25,001-$35,000	174	%	13	87	-	-
$35,001-$50,000	128	%	13	87	-	-
$50,001 or over	91	%	4	96	-	-
Race						
White	799	%	11	89	-	-
Black	63	%	23	77	-	-
Hispanic	52	%	10	90	-	-
Size of Place						
Urban	273	%	15	85	-	-
Suburban	431	%	12	88	-	-
Rural	210	%	8	92	-	-

(Continued)

Q.38

Table 48 (Continued)

WHETHER PAIN SUFFERERS HAVE CONSULTED A PHARMACIST ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Region						
East	220	%	10	90	-	-
Midwest	241	%	8	92	-	-
South	276	%	15	85	-	-
West	177	%	13	87	-	-
Religion						
Protestant	521	%	12	88	-	-
Catholic	250	%	9	91	-	-
Generation in U.S.						
First	65	%	11	89	-	-
Second	260	%	12	88	-	-
Third or more	560	%	12	88	-	-
Children in household	343	%	12	88	-	-
Parents have ever had severe pain	428	%	14	86	-	-
Use video display terminal	136	%	10	90	-	-
Employment						
Employed full-time	485	%	11	89	-	-
Employed part-time	100	%	11	89	-	-
Unemployed	45	%	16	84	-	-
Retired	119	%	9	91	-	-
Occupation						
Homemaker	96	%	12	88	-	-
Working mother	102	%	13	87	-	-
Advertising executive	74	%	9	91	-	-
Floor trader	40	%	10	88	-	-
Professional/managerial/proprietor	210	%	10	90	-	-
Clerical/sales/service	206	%	12	88	-	-
Skilled labor	103	%	12	88	-	-
Unskilled labor	54	%	11	89	-	-
Self-Reported Stress						
Low	410	%	8	92	-	-
Medium	404	%	14	86	-	-
High	91	%	18	82	-	-

(Continued)

Q.38

Table 48 (Continued)

WHETHER PAIN SUFFERERS HAVE CONSULTED A PHARMACIST ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months)

	Base		Yes, Have Consulted	No, Have Not Consulted	Not Sure	Refused
Hassles Scale						
Low	268	%	5	95	-	-
Medium	322	%	12	88	-	-
High	324	%	16	84	-	-
Internal Health Locus of Control						
Low	347	%	14	86	-	-
Medium	270	%	9	91	-	-
High	297	%	12	88	-	-
Powerful Others Health Locus of Control						
Low	338	%	10	90	-	-
Medium	323	%	13	87	-	-
High	253	%	11	89	-	-
Chance Health Locus of Control						
Low	360	%	10	90	-	-
Medium	324	%	12	88	-	-
High	230	%	14	86	-	-
Pains						
Headaches	248	%	15	85	-	-
Backaches	223	%	12	88	-	-
Muscle pains	92	%	2	98	-	-
Joint pains	177	%	12	88	-	-
Stomach pains	90	%	12	88	-	-
Premenstrual or menstrual pains	46	%	14	86	-	-
Dental pains	38	%	8	92	-	-
Take Non-Prescription Drugs For Pain	720	%	13	87	-	-
Severity of Pains						
Slight	198	%	5	96	-	-
Moderate	378	%	11	89	-	-
Severe	227	%	15	85	-	-
Unbearable	91	%	17	83	-	-

IV-2: PAIN SUFFERERS AND MEDICAL DOCTORS

As previously discussed, backache and joint pain sufferers are the most likely of all types of pain sufferers to have consulted a doctor about their pain. Of those who report that they have consulted a doctor, backache sufferers (42%) are also most likely to have seen three or more doctors about their pain. Twenty-eight percent of joint pain and headache sufferers who have been to a doctor and 29% of stomach pain sufferers have also seen three or more doctors for their pain. Premenstrual or menstrual pain sufferers (7%) are least likely to have seen this many doctors for their pain (Table 49).

As expected, the number of doctors seen increases with the severity of pain experienced by these patients. In fact, those with unbearable pain are five times more likely than those reporting only slight pain to have seen three or more doctors (55% and 10%, respectively).

Individuals with high self-reported stress are no more likely than those who report low stress to have consulted a greater number of doctors. However, those with lots of hassles are more likely to have consulted a greater number of doctors than those with few hassles. In fact, by a 12-point margin, those with lots of hassles (35%) are more likely than those with few hassles (23%) to have seen at least three doctors, whereas individuals with few hassles (46%) are more likely than those with many hassles (41%) to have seen only one doctor.

Individuals with a "high internal locus of control" are not only less likely to have consulted a doctor, but even among those who have, they are less likely to have seen more than one doctor. Only 27% of high scorers, on this measure, compared with 34% of low scorers, have seen three or more doctors. Moreover, only 20% of high scorers, compared with 29% of low scorers, have seen two doctors. On the other hand, a greater percentage of high scorers (52%) than low scorers (36%) have seen only one doctor.

Whether the Medical Doctor Is Considered a Specialist

About half (46%) of those who have consulted a doctor for their pain consider their doctor to be a specialist (Table 50). Twenty-three percent of these individuals say the medical doctor was an orthopedic surgeon. Ten percent say the doctor was an internist or gynecologist (ob/gyn), and 6% identify their doctor as a rheumatologist (Table 51).

Of those who don't consider the doctor to be a specialist (51%):

-- 35% say the doctor was a general practitioner;

-- 28% say he or she was a general doctor;

-- 20% say the doctor was a family physician; and

-- 7% say the doctor was an internist.

Treatments Recommended by Medical Doctors

Four in ten pain sufferers (42%) who have consulted a doctor say their doctors prescribed prescription drugs for relief of their pain. Seventeen percent also say their doctors recommended non-prescription drugs as treatment (Table 52).

Eighteen percent say their doctors recommended exercise, 10% mention diet, 9% mention heat/cold treatments, and 7% say their doctors recommended they try meditation or other relaxation techniques. A small percentage of patients note that their doctors even prescribed TENS or electrical stimulation (2%) or biofeedback (1%) to relieve their pain. None say their doctors recommended hypnosis.

Regarding help in relief of pain, 9 out of 10 (92%) pain sufferers for whom prescription drugs were recommended say that this has brought complete relief or has been somewhat helpful in relieving their pain. Similarly, over 8 out of 10 (85%) pain sufferers using non-prescription drugs say this treatment has completely relieved their pain or has been somewhat helpful (Table 53).

Thirteen percent of those who were told to exercise say it has completely relieved their pain, while another 69% say exercise has been somewhat helpful in this regard. Ten percent say diet has completely relieved their pain, and another 73% consider that diet has been somewhat helpful. Of those using heat/cold treatments, 16% say such treatments have completely relieved their pain, and another 80% consider the treatments somewhat helpful in relieving their pain.

Among those using meditation, all (100%) consider this treatment to have been fully or somewhat helpful in relieving their pain. Nobody reports that meditation, heat/cold treatments, or diet has made their pain worse. However, a small percentage of people using prescription (1%) and non-prescription drugs (4%) and of people who exercise (6%) say these treatments have made their pain worse.

Q.12

Table 49

NUMBER OF DIFFERENT MEDICAL DOCTORS PAIN SUFFERERS HAVE CONSULTED FOR THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months) and those who have consulted a medical doctor for their pain

Q.: How many different medical doctors would you say you've seen about your pain?

	Base		One Doctor	Two Doctors	Three or More Doctors	Not Sure
Total	523	%	43	26	30	1
Age						
18-34 years	172	%	45	33	21	1
35-49 years	132	%	44	25	31	-
50 or more	215	%	41	21	36	*
Sex						
Male	288	%	43	25	31	2
Female	308	%	43	27	30	-
Education						
High school graduate or less	288	%	43	25	31	1
Some college or more	235	%	45	28	27	1
Income						
$25,000 or less	257	%	44	24	31	1
$25,001 or more	213	%	42	30	28	1
Size of Place						
Urban	149	%	47	28	24	*
Suburban	249	%	45	24	30	*
Rural	125	%	36	27	36	1
Region						
East	134	%	38	33	30	-
Midwest	126	%	52	21	26	-
South	167	%	41	26	31	1
West	96	%	44	22	33	1
Religion						
Protestant	312	%	42	25	32	1
Catholic	140	%	46	27	27	-

(Continued)

Q.12

Table 49 (Continued)

NUMBER OF DIFFERENT MEDICAL DOCTORS PAIN SUFFERERS HAVE CONSULTED FOR THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months) and those who have consulted a medical doctor for their pain

	Base		One Doctor	Two Doctors	Three or More Doctors	Not Sure
Generation in U.S.						
First and second	178	%	40	33	28	-
Third or more	328	%	45	23	31	1
Children in household	171	%	45	29	27	-
Parents have ever had severe pain	254	%	40	26	33	1
Use video display terminal	74	%	52	28	20	-
Self-Reported Stress						
Low	214	%	45	26	28	1
Medium	243	%	41	28	31	*
High	60	%	53	20	28	-
Hassles Scale						
Low	128	%	46	29	23	1
Medium	194	%	44	26	29	1
High	201	%	41	25	35	-
Internal Health Locus of Control						
Low	221	%	36	29	34	1
Medium	155	%	45	28	27	-
High	147	%	52	20	27	1
Powerful Others Health Locus of Control						
Low	181	%	38	33	29	*
Medium	184	%	46	24	28	1
High	158	%	46	21	33	-
Chance Health Locus of Control						
Low	205	%	41	27	31	1
Medium	178	%	49	26	25	1
High	140	%	39	26	35	-

(Continued)

Q.12

Table 49 (Continued)

NUMBER OF DIFFERENT MEDICAL DOCTORS PAIN SUFFERERS HAVE CONSULTED FOR THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months) and those who have consulted a medical doctor for their pain

	Base		One Doctor	Two Doctors	Three or More Doctors	Not Sure
Pains						
Headaches	113	%	39	32	28	1
Backaches	154	%	34	24	42	1
Muscle pains	43	%	55	28	17	-
Joint pains	126	%	44	27	28	1
Stomach pains	55	%	55	16	29	-
Premenstrual or menstrual pains	24	%	59	33	7	-
Dental pains	8	%	80	8	12	-
Take Non-Prescription Drugs For Pain	424	%	40	28	32	*
Severity of Pains						
Slight	73	%	68	21	10	-
Moderate	191	%	48	27	23	1
Severe	170	%	37	29	35	-
Unbearable	75	%	22	21	55	3

---

*Less than 0.5%.

Q.13a,b

Table 50

WHETHER DOCTOR IS CONSIDERED AS SPECIALIST OR NOT

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months) and those who have consulted a medical doctor for their pain

Q.: Focusing on your most recent doctor, is that doctor a specialist, or not?

	Base		Is a Specialist	Is Not a Specialist	Not Sure
Total	523	%	46	51	3
Pains					
Headaches	113	%	35	61	4
Backaches	154	%	53	46	1
Muscle pains	43	%	33	60	7
Joint pains	126	%	43	53	5
Stomach pains	55	%	54	46	-
Premenstrual or menstrual pains	24	%	71	29	-
Dental pains	8	%	100	-	-
Severity of Pains					
Slight	73	%	31	63	7
Moderate	191	%	50	48	2
Severe	170	%	49	49	2
Unbearable	75	%	48	49	2

Q.14b

Table 51

TYPE OF MEDICAL SPECIALIST SEEN BY PAIN SUFFERERS

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months) and those who have seen a specialist for their pain

Q.: What type of medical specialist is that doctor?

	Base 247 %
Orthopedic surgeon	23
Internist	10
Gynecologist (ob/gyn)	10
Rheumatologist	6
Neurologist	6
Gastroenterologist	4
Urologist	4
Cardiologist	3
Surgeon	3
Osteopath	3
General practioner	2
Family physician	1
Ophthalmologist	1
Endocrinologist	1
Other	13
Not sure	11

Q.17a

Table 52

TREATMENTS RECOMMENDED BY A MEDICAL DOCTOR FOR PAIN SUFFERERS

Base: Those who have consulted a medical doctor for their pain

Q.: What type of treatments, if any, have been recommended by the doctor?

	Base 523 %
Prescription drugs	42
Exercise	18
Non-prescription drugs	17
Diet	10
Heat/cold treatments	9
Relaxation techniques	7
Meditation	7
Surgery/operation	4
Rest	3
TENS or electrical stimulation	2
Stop worrying	2
Biofeedback	1
Back brace/girdle	1
Stop smoking	1
Acupuncture	*
Hypnosis	-
Other	18
None	10
Not sure	*

---

*Less than 0.5%.

Q.17b

Table 53

HOW HELPFUL TREATMENTS HAVE BEEN IN RELIEVING PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months) and those who have consulted a medical doctor for their pain and who have been recommended treatments for their pain

Q.: In general, how helpful has (READ EACH ITEM) been in relieving your pain? Would you say it's completely relieved the pain, it's been somewhat helpful in relieving the pain, it's not at all helpful in relieving the pain, or it's made the pain worse?

	Base		Completely Relieved	Somewhat Helpful	Not at All Helpful	Made It Worse	Not Sure	Not Done
Prescription drugs	213	%	35	57	6	1	1	1
Exercise	104	%	13	69	8	6	2	3
Non-prescription drugs	95	%	26	59	9	4	-	3
Diet	54	%	10	73	13	-	2	2
Heat/cold treatments	48	%	16	80	2	-	1	-
Relaxation techniques	36	%	16	67	17	-	-	-
Meditation	39	%	34	66	-	-	-	-
Surgery/operations	21	%1	25	38	-	5	8	24
Rest	16	%	6	82	8	-	-	5
TENS or electrical stimulation	9	%	14	41	29	7	9	-
Stop worrying	9	%	-	89	11	-	-	-
Biofeedback	4	%	-	38	41	-	21	-
Back brace/girdle	5	%	40	60	-	-	-	-
Stop smoking	5	%	35	21	-	-	-	45
Acupuncture	1	%	-	-	-	-	100	-
Other	97	%	21	63	8	1	1	6

IV-3: HOW DIFFERENT PROFESSIONALS ARE CHOSEN BY PAIN SUFFERS

Over a third (38%) of the medical doctors seen by those with more than occasional pain were selected through referrals from family, friends, or patients. Another third (34%) were referred from other doctors, and others were either assigned (7%), chosen from the yellow pages (4%), or selected by reading about the doctor in a magazine, book or newspaper (1%).

A third (32%) of dentists were also selected through referrals from friends or patients. Ten percent were referred from other dentists; 17% were referred from physicians.

Unlike doctors and dentists, the majority (63%) of pain specialists were selected through referrals from primary care physicians.[1]

A third (32%) of nutritionists were selected through referrals from primary care physicians, but a quarter (25%) were selected through referrals from friends or patients.

Over two-thirds (68%) of chiropractors and about half (46%) of acupuncturists were selected through referrals from family, friends, or patients.

Three out of 10 (30%) spiritual counselors or faith counselors were selected by referrals from friends or patients. Two out of 10 (21%) were chosen by seeing or hearing about these spiritual counselors or faith healers on radio or television. Six percent were referred by primary care physicians, and 5% were chosen by reading about these spiritual counselors or faith healers in a magazine, book, or newspaper (Table 54).

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[1] The number of respondents who were asked about each of these practitioners is extremely small and percentages are subject to a high degree of sampling error.

Q.15,20a,20b,24,27,30,33,36

Table 54

HOW DIFFERENT PROFESSIONALS WERE ORIGINALLY CHOSEN BY PAIN SUFFERERS

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months) and those who have consulted a professional for their pain

Q.: How did you originally choose the doctor?

Q.: How did you originally choose the dentist?

Q.: How did you originally choose the pain specialist?

Q.: How did you originally choose the chiropractor?

Q.: How did you originally choose the nutritionist?

Q.: How did you originally choose the acupuncturist?

Q.: How did you originally choose the spiritual counselor or faith healer?

	Medical Doctor	Dentist	Pain Specialist	Chiro-practor	Nutri-tionist	Acupunc-turist	Spiritual Counselor or Faith Healer
Base	523	67	29	167	36	18	16
	%	%	%	%	%	%	%
Referral from friend/patient	32	32	15	55	25	46	30
Referral from another (doctor, dentist, etc.)	20	10	2	*	3	-	-
Referral from primary care physician/family physician/general practioner/internist	14	17	63	8	32	7	6
Assigned to (doctor or dentist)	7	3	-	-	-	-	-
Referred by family member	6	-	-	13	-	-	-
Doctor or chiropractor closest to home	5	-	-	8	-	-	-
Yellow pages	4	-	-	-	-	-	-
Already had personal association with doctor	4	-	-	-	-	-	-
Have gone to doctor all my life	3	-	-	-	-	-	-
Read about (doctor, dentist, etc.) in a magazine, book, or newspaper	1	3	4	5	2	-	5
Saw or heard about (doctor, dentist, etc.) on radio or TV	*	-	-	-	-	-	21
Other	5	30	14	5	37	47	37
Not sure	5	2	-	8	-	-	-
Refused	-	-	2	-	-	-	-

---

*Less than 0.5%.

IV-4: HOW SUCCESSFUL DIFFERENT PROFESSIONALS HAVE BEEN IN RELIEVING PAIN

Among pain sufferers who have consulted a medical doctor, a majority (73%) say their doctor has been very or somewhat successful in relieving their pain (Table 55). The same assessment is made by roughly 7 in 10 of those who have consulted a chiropractor (70%), nutritionist (69%), dentist (67%), or pain specialist (65%).[1]

Only 35% of the patients of acupuncturists assess their own acupuncturist so favorably, while a resounding majority (83%) of those who have consulted a spiritual counselor or faith healer judge these professionals to have been very or somewhat successful in this area.

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[1] The number of respondents who were asked about each of these practitioners is extremely small and percentages are subject to a high degree of sampling error.

Q.16,21,25,28,31,34,37

Table 55

HOW SUCCESSFUL DIFFERENT PROFESSIONALS HAVE BEEN IN RELIEVING PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months) and those who have consulted a professional for their pain

Q.: Overall, how successful do you think the doctor has been in relieving your pain? Would you say he or she has been very successful, somewhat successful, not very successful, or not at all successful?

Q.: Overall, how successful do you think the dentist has been in relieving your pain? Would you say he or she has been very successful, somewhat successful, not very successful, or not at all successful?

Q.: Overall, how successful do you think the pain specialist has been in relieving your pain? Would you say he or she has been very successful, somewhat successful, not very successful, or not at all successful?

Q.: Overall, how successful do you think the chiropractor has been in relieving your pain? Would you say he or she has been very successful, somewhat successful, not very successful, or not at all successful?

Q.: Overall, how successful do you think the nutritionist has been in relieving your pain? Would you say he or she has been very successful, somewhat successful, not very successful, or not at all successful?

Q.: Overall, how successful do you think the acupuncturist has been in relieving your pain? Would you say he or she has been very successful, somewhat successful, not very successful, or not at all successful?

Q.: Overall, how successful do you think the spiritual counselor or faith healer has been in relieving your pain? Would you say he or she has been very successful, somewhat successful, not very successful, or not at all successful?

	Medical Doctor	Dentist	Pain Specialist	Chiropractor	Nutritionist	Acupuncturist	Spiritual Counselor or Faith Healer
Base	523	67	29	167	36	18	16
	%	%	%	%	%	%	%
Successful	73	67	65	70	69	35	83
Very	37	44	25	35	63	17	40
Somewhat	36	23	40	35	6	18	43
Not Successful	24	30	30	30	18	48	17
Not very	12	5	12	16	6	-	5
Not at all	12	25	18	14	12	48	12
Not sure	4	2	5	1	4	17	-
Refused	*	-	-	-	-	-	-

---

*Less than 0.5%.

IV-5: A LOOK AT PAIN SUFFERERS WHO DECIDE NOT TO CONSULT A PROFESSIONAL ABOUT THEIR PAIN

Overall, 88% of those who have had more than occasional pain in the last year have consulted a professional about their pain. Twelve percent have not consulted a professional about their pain.

More than 6 out of 10 (63%) pain sufferers who have not consulted a professional about their pain say their pain wasn't severe enough (Table 56). Not surprisingly, fully three-quarters of those with slight pain offer this reason, in contrast to only 29% of those with severe pain.[1] (Interestingly, all of those with unbearable pain have consulted a professional about their pain.)

Among those who have not consulted a professional, 4% explain that they "don't believe anyone can help" their pain. None of those with slight pain as opposed to 18% of those with severe pain cite this as a reason for not consulting a professional.

The vast majority (84%) of pain sufferers who decided not to consult a professional take a non-prescription drug to relieve their pain. Twenty-one percent say they try to relax, and 5% say they do nothing at all to relieve their pain (Table 57).

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[1] The number of respondents with slight, moderate, or severe pain is very small; therefore, results should be interpreted with caution.

Q.40

Table 56

REASONS PAIN SUFFERERS HAVE NOT CONSULTED A PROFESSIONAL ABOUT THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months) and those who haven't consulted a professional for their pain

Q.: Why haven't you seen any of these professionals about your pain?

		Severity of Pain			
	Total	Slight	Moderate	Severe	Unbearable
Base	121	39	62	18	-
	%	%	%	%	%
Didn't need to/pain not severe enough	63	75	64	29	-
Didn't need to/my family or friends took care of me	2	-	3	-	-
Cost too much money	2	3	3	-	-
Don't believe anyone can help my pain	4	-	4	18	-
Other	35	25	36	59	-
Refused	1	-	-	-	-
Not sure	*	1	-	-	-

---

*Less than 0.5%.

Q.41

Table 57

WHAT PAIN SUFFERERS WHO DON'T SEE A PROFESSIONAL DO FOR RELIEF OF THEIR PAIN

Base: Those who have experienced only one type of pain or have designated that pain as the most troublesome pain (and who have also experienced these pains 6 or more days in last 12 months) and those who haven't consulted a professional for their pain

Q.: In general, what do you do for relief of your pain?

		Severity of Pain			
	Total	Slight	Moderate	Severe	Unbearable
	121	39	62	18	-
	%	%	%	%	%
Take a non-prescription pain reliever	84	75	88	76	-
Try to relax	21	17	24	18	-
Nothing	5	3	5	12	-
Watch how much exercise I get	1	-	2	-	-
Use a heating pad	1	-	2	-	-
Take a home remedy	1	-	-	6	-
Watch what I eat	-	-	-	-	-
Other	7	8	7	-	-
Refused	-	-	-	-	-
Not sure	1	-	2	-	-

V: AMERICANS WHO TAKE NON-PRESCRIPTION PAIN RELIEVERS

A clear majority of all Americans (more than 7 in 10) have taken non-prescription pain relievers (Table 58).

Women (80%) are more likely to have taken non-prescription pain relievers than men (63%), but are also more likely to say they have had various types of pain. Similarly, those with high stress (73%) or many hassles (75%) are more likely than those with low stress (69%) or few hassles (66%) to have taken non-prescription drugs, but these people are also most likely to report having had various types of pain.

Not surprisingly, those with more than occasional pain[1] (6 or more days in the last 12 months) are more likely than Americans as a whole to take a non-prescription pain reliever (78%, compared with 72%). In particular, those most likely to seek non-prescription relief are individuals who report premenstrual or menstrual pains (91%), headaches (89%), dental pains (85%), and stomach pains (79%). However, those with unbearable pain (78%) are no more likely than those with slight pain (75%) to have taken a non-prescription pain reliever.

Observation:

Pain sufferers with very severe or unbearable pain are probably taking prescription-strength pain relievers, which would explain the fact that they are not significantly more likely than those with slight pain to have taken a non-prescription pain reliever.

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[1] References to individual pains in this section and in the rest of the report represent respondents with more than occasional pain and for whom that was their only or most troublesome pain.

Types of Non-Prescription Pain Relievers Taken by Pain Sufferers

Americans who have taken non-prescription pain relievers report taking salicylate or aspirin (62%) most frequently. The second most common source of relief is acetaminophen (56%). Ibuprofen (7%) and combination products (7%) follow (Table 59).

Those who have used these four products in the past year have taken them with about the same frequency (Table 60):

-- One-quarter (26%) of those pain sufferers who have taken salicylates or aspirin say they take the medication frequently, as do those who have taken combinations (24%), ibuprofen (23%), and acetaminophen (23%).

-- Similarly, about 3 in 10 (27%) take salicylates or aspirin sometimes, as do those who have taken ibuprofen (28%), combinations (32%), and acetaminophen (32%).

-- Roughly 4 in 10 (44%) take salicylates or aspirin rarely, as do those who have taken acetaminophen (41%), combinations (40%), and ibuprofen (48%).

-- Four percent of salicylate and acetaminophen users have not taken these products in the last year, nor have 5% of combination users. However, as expected, all pain sufferers taking ibuprofen have used this product in the last year.

How Helpful Different Types of Non-Prescription Pain Relievers Have Been in Relieving Pain

Among users of each of these products, the largest percentage (46%) say that ibuprofen brings complete relief. Thirty-four percent say that combinations do the trick, along with 33% for acetaminophen. Only 26% say that salicylates or aspirin completely relieves their pain (Table 61).

Q.42

Table 58

WHETHER HAVE EVER TAKEN A NON-PRESCRIPTION PAIN RELIEVER FOR DIFFERENT PAINS

Base: Total

Q.: Now I'd like to talk about all types of pain. Have you ever taken a non-prescription pain reliever, for your pain, or not?

	Base		Yes, Have Taken	No, Haven't Taken	Refused	Not Sure
Total	1254	%	72	27	-	*
Age						
18-24 years	188	%	66	34	-	-
25-34 years	291	%	77	22	-	1
35-49 years	342	%	78	22	-	*
50-64 years	249	%	74	26	-	-
65 and over	179	%	62	37	-	1
Sex						
Male	629	%	63	36	-	*
Female	625	%	80	19	-	*
Education						
Some high school	220	%	65	34	-	1
High school graduate	439	%	72	27	-	*
Some college	219	%	77	23	-	-
College graduate or more	376	%	78	22	-	*
Income						
$7,500 or less	154	%	70	30	-	-
$7,501-$15,000	188	%	76	23	-	1
$15,001-$25,000	234	%	69	30	-	1
$25,001-$35,000	229	%	77	23	-	-
$35,001-$50,000	188	%	78	22	-	-
$50,001 or over	126	%	77	23	-	-
Race						
White	1065	%	74	25	-	*
Black	108	%	61	39	-	-
Hispanic	81	%	63	35	-	2
Size of Place						
Urban	380	%	69	30	-	*
Suburban	574	%	73	27	-	*
Rural	300	%	75	25	-	*

(Continued)

Q.42

Table 58 (Continued)

WHETHER HAVE EVER TAKEN A NON-PRESCRIPTION PAIN RELIEVER FOR DIFFERENT PAINS

Base: Total

	Base		Yes, Have Taken	No, Haven't Taken	Refused	Not Sure
Region						
East	314	%	68	32	-	*
Midwest	311	%	73	27	-	-
South	389	%	76	24	-	1
West	240	%	71	28	-	1
Religion						
Protestant	727	%	73	26	-	*
Catholic	342	%	68	32	-	*
Generation in U.S.						
First	102	%	64	36	-	-
Second	343	%	73	27	-	-
Third or more	772	%	73	26	-	1
Children in household	474	%	76	24	-	-
Parents have ever had severe pain	537	%	79	21	-	*
Use video display terminal	179	%	80	20	-	-
Employment						
Employed full-time	686	%	73	27	-	*
Employed part-time	129	%	78	22	-	-
Unemployed	56	%	65	35	-	-
Retired	175	%	62	38	-	*
Occupation						
Homemaker	127	%	77	22	-	1
Working mother	129	%	87	13	-	-
Advertising executive	102	%	85	15	-	-
Floor trader	63	%	52	46	2	-
Professional/managerial/proprietor	293	%	76	24	-	-
Clerical/sales/service	281	%	75	25	-	-
Skilled labor	136	%	70	29	-	2
Unskilled labor	83	%	71	29	-	-
Self-Reported Stress						
Low	641	%	69	31	-	1
Medium	498	%	77	23	-	-
High	103	%	73	27	-	-

(Continued)

Q.42

Table 58 (Continued)

WHETHER HAVE EVER TAKEN A NON-PRESCRIPTION PAIN RELIEVER FOR DIFFERENT PAINS

Base: Total

	Base		Yes, Have Taken	No, Haven't Taken	Refused	Not Sure
Hassles Scale						
Low	442	%	66	34	-	*
Medium	433	%	76	23	-	*
High	378	%	75	24	-	1
Internal Health Locus of Control						
Low	448	%	75	25	-	*
Medium	362	%	77	22	-	1
High	444	%	66	34	-	1
Powerful Others Health Locus of Control						
Low	456	%	73	27	-	-
Medium	426	%	77	22	-	1
High	372	%	66	33	-	1
Chance Health Locus of Control						
Low	479	%	78	21	-	*
Medium	455	%	70	29	-	*
High	320	%	69	32	-	1
Pains						
Headaches	248	%	89	11	-	-
Backaches	223	%	75	25	-	-
Muscle pains	92	%	64	34	-	2
Joint pains	177	%	71	28	-	*
Stomach pains	90	%	79	21	-	1
Premenstrual or menstrual pains	46	%	91	9	-	-
Dental pains	38	%	85	15	-	-
Professional						
See a professional	793	%	77	22	-	*
Don't see a professional	121	%	84	16	-	-
Severity of Pains						
Slight	198	%	75	26	-	1
Moderate	378	%	79	21	-	1
Severe	227	%	83	17	-	-
Unbearable	91	%	78	21	-	1

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*Less than 0.5%.

Q.43a

Table 59

TYPES OF NON-PRESCRIPTION PAIN RELIEVERS TAKEN BY PAIN SUFFERERS

Base: Those who take non-prescription pain relievers

Q.: What types of non-prescription pain relievers have you taken?

	Base 923 %
Salicylate/aspirin Bayer/Bufferin/Anacin	62
Acetaminophen/Acacin-3/ Datril/Panadol/Tylenol	56
Ibuprofin/Advil/Nuprin	7
Combinations/Excedrin	7
Antacid	3
Midol/Pamprin	2
A powder/B.C. powders	1
Antihistamine/decongestant	1
Prescription drug	1
Other	5
Don't know	*

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*Less than 0.5%.

Q.43b

Table 60

FREQUENCY WITH WHICH DIFFERENT TYPES OF NON-PRESCRIPTION PAIN RELIEVERS HAVE BEEN TAKEN IN THE LAST YEAR

Base: Those who have taken each non-prescription pain reliever

Q.: How often have you taken (READ EACH ITEM) in the last year? Would you say you have taken it frequently for your pain, sometimes, only rarely, or never?

	Base		Frequently	Sometimes	Rarely	Never	Not Sure
Salicylate/aspirin/ Bayer/Bufferin/Anacin	592	%	26	27	44	4	-
Acetaminophen/Anacin-3/ Datril/Panadol/Tylenol	503	%	23	32	41	4	-
Ibuprofin/Advil/Nuprin	68	%	23	28	48	-	-
Combinations/Excedrin	64	%	24	32	40	5	-
Antacid	30	%	26	37	35	2	-
Midol/Pamprin	15	%	16	48	23	13	-
A powder/B.C. powders	6	%	20	32	33	15	-
Antihistamine/decongestant	7	%	28	38	34	-	-
Prescription drug	10	%	21	18	49	13	-
Other	48	%	25	15	54	6	-

Q.43c

Table 61

HOW HELPFUL DIFFERENT TYPES OF NON-PRESCRIPTION PAIN RELIEVERS HAVE BEEN IN RELIEVING PAIN

Base: Those who have taken each non-prescription pain reliever

Q.: In general, how helpful is (READ EACH ITEM) in relieving your pain? Would you say it completely relieves the pain, is somewhat helpful in relieving the pain, is not at all helpful in relieving the pain, or makes the pain worse?

	Base		Completely Relieves the Pain	Somewhat Helpful in Relieving the Pain	Not at All Helpful in Relieving the Pain	Makes the Pain Worse	Not Sure
Salicylate/aspirin/ Bayer/Bufferin/Anacin	592	%	26	66	5	*	2
Acetaminophen/Anacin-3/ Datril/Panadol/Tylenol	503	%	33	60	6	-	*
Ibuprofin/Advil/Nuprin	68	%	46	49	5	-	-
Combinations/Excedrin	64	%	34	63	3	-	-
Antacid	30	%	41	44	14	-	-
Midol/Pamprin	15	%	17	70	13	-	-
A powder/B.C. powders	6	%	15	85	-	-	-
Antihistamine/decongestant	7	%	18	82	-	-	-
Prescription drug	10	%	32	41	27	-	-
Other	48	%	26	55	16	-	3

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*Less than 0.5%.

VI: LIFE-STYLE BEHAVIORS AND THE EXPERIENCE OF PAIN

Jogging

Overall, 18% of all American adults say they jog (Table 63).

-- Younger people are more likely than older people to jog (31% of those 18-24 years, compared with 6% of those 65 and over);

-- Men (23%) are more likely than women (13%) to jog; and

-- Those with more education and higher incomes are more likely than those with less education and lower incomes to jog (26% of college graduates jog, compared with 11% of those with some high school education or less; 23% of those with incomes of $50,001 and over jog, compared with 17% of those earning $7,500 or less).

Seventeen percent of those who report having pain for 6 or more days in the last year also jog. In particular, those with muscle pain (26%) and dental pain (31%) are the most likely to jog, with backache sufferers (12%) and joint pain sufferers (13%) least likely to excercise in this fashion.

Strenuous Exercise

About one-third (34%) of all American adults exercise strenuously three or more days a week. Still, one-quarter (25%) of American adults report that they never exercise at all (Table 64).

Among those with pain for 6 or more days in the last year, 33% exercise strenuously three or more days a week. About a quarter (26%) of these frequent pain sufferers say they never exercise. Those who exercise 3 or more days a week include:

-- 43% of dental pain sufferers;

- -- 39% of premenstrual or menstrual pain sufferers;
- -- 36% of backache sufferers;
- -- 35% of muscle pain sufferers;
- -- 33% of stomach pain sufferers; and
- -- 29% of headache and joint pain sufferers.

In addition, the more severe the pain, the less likely pain sufferers are to exercise. Forty percent of those with unbearable pain never exercise, compared with 28% of those with only slight pain.

Smoking and Non-Smoking

Seventy percent of American adults say they do not smoke cigarettes; 30% say they do (Table 65). The groups with the largest proportions of non-smokers include:

- -- Older people (87% of those 65 and over are non-smokers, versus 64% of those aged 18 to 24);
- -- Those with some college education or have graduated college (76% are non-smokers, versus 67% of those with only some high school education); and
- -- Those in the higher income brackets (79% of those earning $50,001 or more do not smoke, versus 68% of those earning $7,500 or less).

Similarly, 69% of adults who report having pain 6 or more days in the last year say they do not smoke cigarettes. In particular, premenstrual or menstrual pain sufferers (77%) and muscle pain sufferers (74%) are the most likely to be non-smokers; stomach pain sufferers (59%) are least likely to be non-smokers.

Those with unbearable pain are more likely to smoke (37%) than those with only slight pain (24%).

Alcohol Use

Three in ten adults (33%) say they never consume alcoholic beverages (Table 66). Of those who do, 78% drink moderately or lightly (i.e., average three or fewer drinks on days when they drink), and 21% drink more than this on days when they consume alcohol (Table 67).

The groups with the largest percentages of non-drinkers include:

-- Women (42% are non-drinkers, compared with 24% of men);

-- Blacks (39% are non-drinkers, compared with 33% of whites and Hispanics);

-- Protestants (40% are non-drinkers, compared with 22% of Catholics);

-- The elderly 65 and over (55% are non-drinkers, compared with 24% of those aged 18 to 24 years);

-- Those with the poorest education and lowest incomes (51% and 47%, respectively) are non-drinkers, compared with those with the highest education (21%) and income (16%); and

-- Those living in the South and in small towns or rural areas (44% and 43%, respectively) are non-drinkers, compared with residents of the East and Midwest (27%) and those living in large cities (32%).

Thirty-one percent of adults reporting pain 6 or more days in the last year say they never consume alcoholic beverages. Of pain sufferers who drink, 78% do so moderately or lightly, and 21% say they drink more than this on days when they consume alcohol. Pain sufferers who say they never consume alcoholic beverages include:

-- 41% of people with joint pain;

-- 35% of those with backache;

-- 29% of those with muscle pain;

-- 27% of those with stomach pain and headache;

-- 22% of those with premenstrual or menstrual pain; and

-- 21% of those with dental pain.

Pain sufferers who have unbearable pain (43%) are more likely than those with only slight pain (32%) to be non-drinkers. Of those who do drink, however, those with unbearable pain (29%) are more likely than those with slight pain (17%) to be heavy drinkers.

Observation:

Overall, pain sufferers differ little from the total population in terms of the preventive behaviors in which they engage.

Within particular pain groups, however, there are differences in the extent to which different types of pain sufferers exercise, smoke, or drink. It is important to keep in mind that many such differences probably reflect differences in the demographics of these pain groups rather than the different pains per se. For example, joint pain sufferers are the most likely of all pain groups to be non-drinkers. Yet, joint pain suffers also tend to be older, and older people are more likely than younger people to be non-drinkers.

As severity of pain increases, the tendency is toward less exercise, more smoking, and less drinking. Of those who do drink, however, the more severe the pain, the more likely they are to be heavy drinkers rather than moderate drinkers. While it is clear that there are strong correlations between severity of pain and certain health behaviors, it is not clear which is the cause and which is the effect. Does severe or unbearable pain lead to heavy drinking, or does heavy drinking result in more health problems (i.e., more severe pain)? Similarly, does severe or unbearable pain lead to more smoking, or does smoking result in more severe health problems (and consequently, more pain)?

The causal relationship between exercise and pain is especially difficult to determine. While it is generally accepted that regular exercise is healthy, it is equally true that exercise may lead to pulled muscles and sprained ligaments as well as other painful health problems.

Table 62

PREVALENCE OF PAIN BY LIFE-STYLE VARIABLES

Base: Total

	Jog		Exercise		Smoke Cigarettes		Drink Alcohol			TV Watching		Video Display Terminal Users	
	No	Yes	Never	3 Days a Week or More	Yes	No	Never	Light Drinkers	Heavy Drinkers	None	5 Hours or More	Yes	No
Base	1032	221	318	426	371	883	417	660	172	81	144	159	1094
	%	%	%	%	%	%	%	%	%	%	%	%	%
Pains													
Headaches	19	19	16	17	21	18	16	21	20	12	17	23	18
Backaches	19	12	20	19	18	18	19	17	20	14	24	16	18
Muscle pains	7	11	8	7	6	8	6	8	8	12	10	8	7
Joint pains	15	10	18	12	15	14	17	13	12	4	13	6	15
Stomach pains	7	10	8	8	10	6	6	8	10	6	8	11	7
Prementrual or menstrual pains	3	7	4	4	3	3	3	5	4	11	6	6	4
Dental pains	3	3	2	5	3	4	2	3	4	2	2	6	3
Severity of Pains													
Slight	15	18	26	17	12	17	15	16	13	10	16	16	15
Moderate	31	26	27	27	31	29	24	33	33	26	31	30	30
Severe	18	21	14	18	23	16	17	18	23	16	19	27	17
Unbearable	9	7	13	7	10	7	11	7	10	6	15	4	9
None*	27	28	20	31	24	31	33	26	21	42	19	23	29

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*Defined as those not having any one type of pain 6 or more days in the past year.

Q.49

Table 63

WHETHER JOG

Base: Total

Q.: Do you jog, or not?

	Base		Yes, Jog	No, Don't Jog	Not Sure	Refused
Total	1254	%	18	82	*	-
Age						
18-24 years	188	%	31	69	-	-
25-34 years	291	%	25	75	-	-
35-49 years	342	%	16	84	-	-
50-64 years	249	%	8	92	*	-
65 and over	179	%	6	94	1	-
Sex						
Male	629	%	23	77	*	-
Female	625	%	13	87	*	-
Education						
Some high school	220	%	11	89	-	-
High school graduate	439	%	16	84	*	-
Some college	219	%	22	78	-	-
College graduate or more	376	%	26	74	*	-
Income						
$7,500 or less	154	%	17	83	-	-
$7,501-$15,000	188	%	16	83	*	-
$15,001-$25,000	234	%	12	88	-	-
$25,001-$35,000	229	%	21	79	-	-
$35,001-$50,000	188	%	22	77	*	-
$50,001 or over	126	%	23	76	-	-
Race						
White	1065	%	16	84	*	-
Black	108	%	28	72	-	-
Hispanic	81	%	23	77	-	-
Size of Place						
Urban	380	%	19	81	-	-
Suburban	574	%	17	83	*	-
Rural	300	%	17	83	-	-

(Continued)

Q.49

Table 63 (Continued)

WHETHER JOG

Base: Total

	Base		Yes, Jog	No, Don't Jog	Not Sure	Refused
Region						
East	314	%	19	81	*	-
Midwest	311	%	14	86	*	-
South	389	%	18	82	-	-
West	240	%	21	79	-	-
Religion						
Protestant	727	%	17	83	*	-
Catholic	342	%	18	81	*	-
Generation in U.S.						
First	102	%	15	84	2	-
Second	343	%	20	80	-	-
Third or more	772	%	17	83	-	-
Children in household	474	%	22	78	*	-
Parents have ever had severe pain	537	%	16	83	*	-
Use video display terminal	179	%	23	77	-	-
Employment						
Employed full-time	686	%	22	78	*	-
Employed part-time	129	%	22	78	-	-
Unemployed	56	%	12	88	-	-
Retired	175	%	6	94	-	-
Occupation						
Homemaker	127	%	10	90	-	-
Working mother	129	%	16	84	-	-
Advertising executive	102	%	25	75	-	-
Floor trader	63	%	19	81	-	-
Professional/managerial/ proprietor	293	%	23	77	-	-
Clerical/sales/service	281	%	21	78	*	-
Skilled labor	136	%	19	81	*	-
Unskilled labor	83	%	23	77	-	-

(Continued)

Q.49

Table 63 (Continued)

WHETHER JOG

Base: Total

	Base		Yes, Jog	No, Don't Jog	Not Sure	Refused
Self-Reported Stress						
Low	641	%	15	84	*	-
Medium	498	%	20	80	*	-
High	103	%	19	81	-	-
Hassles Scale						
Low	442	%	17	83	*	-
Medium	434	%	20	80	-	-
High	378	%	16	84	-	-
Internal Health Locus of Control						
Low	448	%	15	85	-	-
Medium	362	%	17	83	-	-
High	444	%	21	79	*	-
Powerful Others Health Locus of Control						
Low	456	%	21	79	-	-
Medium	426	%	16	84	*	-
High	372	%	15	84	*	-
Chance Health Locus of Control						
Low	479	%	21	79	-	-
Medium	455	%	18	81	*	-
High	320	%	13	87	-	-
Pains						
Headaches	248	%	18	82	-	-
Backaches	223	%	12	88	-	-
Muscle pains	92	%	26	74	-	-
Joint pains	177	%	13	87	*	-
Stomach pains	90	%	22	78	-	-
Premenstrual or menstrual pains	46	%	18	82	-	-
Dental pains	38	%	31	69	-	-

(Continued)

Q.49

Table 63 (Continued)

WHETHER JOG

Base: Total

	Base		Yes, Jog	No, Don't Jog	Not Sure	Refused
Professional						
See a professional	793	%	17	83	*	-
Don't see a professional	121	%	18	82	-	-
Take non-prescription drugs for pain	913	%	17	83	*	-
Severity of Pains						
Slight	198	%	20	80	-	-
Moderate	378	%	16	85	-	-
Severe	227	%	20	81	-	-
Unbearable	91	%	15	85	-	-

---

*Less than 0.5%.

Q.50

Table 64

WHETHER EXERCISE STRENUOUSLY

Base: Total

Q.: How often do you exercise strenuously -- that is, so you breathe heavily and your heart and pulse rate are accelerated for a period lasting at least twenty minutes -- never, less than 1 day a month, 1 to 3 days a month, 1 day a week, 2 days a week, 3 days a week, 4 to 5 days a week, or 6 to 7 days a week?

	Base		Never	Less Than 1 Day a Month	1-3 Days a Month	1 Day a Week	2 Days a Week	3 Days a Week	4-5 Days a Week	6-7 Days a Week	Not Sure	Refused
Total	1254	%	25	6	12	10	12	13	10	11	1	-
Age												
18-24 years	188	%	12	4	11	11	16	18	16	12	1	-
25-34 years	291	%	10	9	17	15	13	12	15	9	-	-
35-49 years	342	%	19	5	11	10	15	16	11	12	-	-
50-64 years	249	%	40	6	9	10	9	10	5	11	*	-
65 and over	179	%	54	2	9	5	7	7	5	9	2	-
Sex												
Male	629	%	18	5	10	9	12	17	15	13	1	-
Female	625	%	32	6	13	11	13	9	7	8	1	-
Education												
Some high school	220	%	41	4	7	7	11	9	6	13	2	-
High school graduate	439	%	24	7	12	11	12	13	10	10	*	-
Some college	219	%	15	4	15	14	12	14	14	11	-	-
College graduate or more	376	%	15	6	15	11	14	16	13	9	*	-
Income												
$7,500 or less	154	%	31	5	9	9	13	10	9	11	3	-
$7,501-$15,000	188	%	34	5	9	11	13	9	9	9	*	-
$15,001-$25,000	234	%	26	9	12	9	9	11	12	11	-	-
$25,001-$35,000	229	%	16	6	13	14	18	14	12	7	-	-
$35,001-$50,000	188	%	15	6	18	10	11	20	11	10	-	-
$50,001 or over	126	%	11	6	10	9	13	17	15	18	-	-
Race												
White	1065	%	25	6	12	11	12	12	11	11	*	-
Black	108	%	29	6	8	9	13	15	10	7	4	-
Hispanic	81	%	19	2	13	8	20	25	7	5	-	-
Size of Place												
Urban	380	%	28	5	11	8	13	13	11	11	-	-
Suburban	574	%	24	5	11	11	12	15	11	10	1	-
Rural	300	%	24	7	13	11	13	9	9	12	*	-

(Continued)

Q.50

Table 64 (Continued)

WHETHER EXERCISE STRENUOUSLY

Base: Total

	Base		Never	Less Than 1 Day a Month	1-3 Days a Month	1 Day a Week	2 Days a Week	3 Days a Week	4-5 Days a Week	6-7 Days a Week	Not Sure	Refused
Region												
East	314	%	31	8	11	9	12	10	10	9	*	-
Midwest	311	%	20	5	15	13	14	13	8	12	1	-
South	389	%	27	6	10	8	11	13	13	10	1	-
West	240	%	21	3	11	14	13	18	9	11	-	-
Religion												
Protestant	727	%	26	6	11	11	11	13	10	11	*	-
Catholic	342	%	26	6	12	11	13	14	9	9	-	-
Generation in U.S.												
First	102	%	35	9	12	7	11	12	5	8	-	-
Second	343	%	23	7	11	12	15	11	13	7	*	-
Third or more	772	%	25	5	12	10	11	14	10	13	1	-
Children in household	474	%	18	7	14	14	13	12	12	9	1	-
Parents have ever had severe pain	537	%	21	7	13	10	12	14	11	11	*	-
Use video display terminal	179	%	15	6	18	16	10	13	11	10	-	-
Employment												
Employed full-time	686	%	16	7	13	12	13	16	13	11	*	-
Employed part-time	129	%	24	2	12	10	15	16	11	9	-	-
Unemployed	56	%	24	4	9	11	13	13	10	13	3	-
Retired	175	%	51	4	9	5	7	6	8	8	2	-
Occupation												
Homemaker	127	%	29	10	16	14	12	6	3	11	-	-
Working mother	129	%	20	8	21	17	10	9	10	4	-	-
Advertising executive	102	%	18	6	11	12	15	18	12	10	-	-
Floor trader	63	%	22	5	10	14	17	19	5	6	2	-
Professional/managerial/ proprietor	293	%	15	6	13	12	14	18	13	8	-	-
Clerical/sales/service	281	%	25	6	15	12	12	13	10	9	-	-
Skilled labor	136	%	11	3	11	10	16	17	13	19	-	-
Unskilled labor	83	%	14	5	8	13	14	18	21	8	1	-

(Continued)

Q.50

Table 64 (Continued)

WHETHER EXERCISE STRENUOUSLY

Base: Total

	Base		Never	Less Than 1 Day a Month	1-3 Days a Month	1 Day a Week	2 Days a Week	3 Days a Week	4-5 Days a Week	6-7 Days a Week	Not Sure	Refused
Self-Reported Stress												
Low	641	%	28	6	12	9	12	10	11	11	*	-
Medium	498	%	21	6	12	12	13	16	10	10	1	-
High	103	%	26	7	8	13	10	12	13	9	2	-
Hassles Scale												
Low	442	%	29	5	10	9	12	13	11	10	1	-
Medium	434	%	21	6	14	11	13	12	10	12	*	-
High	378	%	26	7	11	11	11	13	11	9	1	-
Internal Health Locus of Control												
Low	448	%	31	9	13	11	12	10	7	8	*	-
Medium	362	%	23	5	11	12	15	14	9	10	1	-
High	444	%	22	3	11	9	11	15	14	14	1	-
Powerful Others Health Locus of Control												
Low	456	%	21	5	12	10	13	13	14	12	-	-
Medium	426	%	25	7	10	12	12	15	10	9	*	-
High	372	%	31	5	13	10	12	10	7	10	2	-
Chance Health Locus of Control												
Low	479	%	20	6	14	11	9	19	11	10	-	-
Medium	455	%	26	5	10	9	15	11	12	12	*	-
High	320	%	31	7	11	11	13	8	8	10	2	-
Pains												
Headaches	248	%	21	8	13	10	17	15	8	6	*	-
Backaches	223	%	28	7	13	10	7	14	13	9	-	-
Muscle pains	92	%	26	4	7	8	20	12	13	10	-	-
Joint pains	177	%	32	3	10	11	13	10	9	10	2	-
Stomach pains	90	%	27	6	13	13	9	13	12	8	-	-
Premenstrual or menstrual pains	46	%	24	4	16	11	6	18	12	9	-	-
Dental pains	38	%	14	9	9	19	6	11	11	21	-	-

(Continued)

Q.50

Table 64 (Continued)

WHETHER EXERCISE STRENUOUSLY

Base: Total

	Base		Never	Less Than 1 Day a Month	1-3 Days a Month	1 Day a Week	2 Days a Week	3 Days a Week	4-5 Days a Week	6-7 Days a Week	Not Sure	Refused
Professional												
See a professional	793	%	27	6	12	11	12	13	11	9	*	-
Don't see a professional	121	%	17	6	15	13	17	17	6	9	1	-
Take non-prescription drugs for pain	913	%	24	6	13	11	12	14	10	9	*	-
Severity of Pains												
Slight	198	%	28	3	11	5	13	17	13	8	1	-
Moderate	378	%	23	6	15	13	12	10	12	9	*	-
Severe	227	%	20	8	11	12	15	15	9	10	-	-
Unbearable	91	%	40	8	6	7	9	10	7	10	3	-

---

*Less than 0.5%.

Q.51

Table 65

WHETHER SMOKE CIGARETTES

Base: Total

Q.: Do you smoke cigarettes now, or not?

	Base		Smoke Now	Don't Smoke Now	Not Sure	Refused
Total	1254	%	30	70	-	-
Age						
18-24 years	188	%	36	64	-	-
25-34 years	291	%	33	67	-	-
35-49 years	342	%	35	65	-	-
50-64 years	249	%	26	74	-	-
65 and over	179	%	13	87	-	-
Sex						
Male	629	%	31	69	-	-
Female	625	%	28	72	-	-
Education						
Some high school	220	%	33	67	-	-
High school graduate	439	%	34	66	-	-
Some college	219	%	20	80	-	-
College graduate or more	376	%	24	76	-	-
Income						
$7,500 or less	154	%	32	68	-	-
$7,501-$15,000	188	%	26	74	-	-
$15,001-$25,000	234	%	45	55	-	-
$25,001-$35,000	229	%	23	77	-	-
$35,001-$50,000	188	%	27	73	-	-
$50,001 or over	126	%	21	79	-	-
Race						
White	1065	%	30	70	-	-
Black	108	%	25	75	-	-
Hispanic	81	%	29	71	-	-
Size of Place						
Urban	380	%	29	71	-	-
Suburban	574	%	30	70	-	-
Rural	300	%	29	71	-	-

(Continued)

Q.51

Table 65 (Continued)

WHETHER SMOKE CIGARETTES

Base: Total

	Base		Smoke Now	Don't Smoke Now	Not Sure	Refused
Region						
East	314	%	31	69	-	-
Midwest	311	%	35	65	-	-
South	389	%	28	72	-	-
West	240	%	24	76	-	-
Religion						
Protestant	727	%	28	72	-	-
Catholic	342	%	34	66	-	-
Generation in U.S.						
First	102	%	22	78	-	-
Second	343	%	32	68	-	-
Third or more	772	%	30	70	-	-
Children in household	474	%	32	68	-	-
Parents have ever had severe pain	537	%	32	68	-	-
Use video display terminal	179	%	34	66	-	-
Employment						
Employed full-time	686	%	34	66	-	-
Employed part-time	129	%	28	72	-	-
Unemployed	56	%	34	66	-	-
Retired	175	%	14	86	-	-
Occupation						
Homemaker	127	%	26	74	-	-
Working mother	129	%	32	68	-	-
Advertising executive	102	%	35	65	-	-
Floor trader	63	%	37	63	-	-
Professional/managerial/ proprietor	293	%	31	70	-	-
Clerical/sales/service	281	%	34	66	-	-
Skilled labor	136	%	43	57	-	-
Unskilled labor	83	%	27	73	-	-

(Continued)

Q.51

Table 65 (Continued)

WHETHER SMOKE CIGARETTES

Base: Total

	Base		Smoke Now	Don't Smoke Now	Not Sure	Refused
Self-Reported Stress						
Low	641	%	27	73	-	-
Medium	498	%	29	71	-	-
High	103	%	48	52	-	-
Hassles Scale						
Low	442	%	24	76	-	-
Medium	434	%	27	73	-	-
High	378	%	39	61	-	-
Internal Health Locus of Control						
Low	448	%	28	72	-	-
Medium	362	%	27	73	-	-
High	444	%	33	67	-	-
Powerful Others Health Locus of Control						
Low	456	%	29	71	-	-
Medium	426	%	33	67	-	-
High	372	%	27	73	-	-
Chance Health Locus of Control						
Low	479	%	28	72	-	-
Medium	455	%	32	68	-	-
High	320	%	29	71	-	-
Pains						
Headaches	248	%	34	66	-	-
Backaches	223	%	29	71	-	-
Muscle pains	92	%	26	74	-	-
Joint pains	177	%	31	69	-	-
Stomach pains	90	%	41	59	-	-
Premenstrual or menstrual pains	46	%	23	77	-	-
Dental pains	38	%	31	69	-	-

(Continued)

Q.51

Table 65 (Continued)

WHETHER SMOKE CIGARETTES

Base: Total

	Base		Smoke Now	Don't Smoke Now	Not Sure	Refused
Professional						
See a professional	793	%	30	70	-	-
Don't see a professional	121	%	38	62	-	-
Take non-prescription drugs for pain	913	%	30	70	-	-
Severity of Pains						
Slight	198	%	24	77	-	-
Moderate	378	%	31	69	-	-
Severe	227	%	37	63	-	-
Unbearable	91	%	37	63	-	-

Q.55

Table 66

WHETHER CONSUME ALCOHOLIC BEVERAGES

Base: Total

Q.: In general, how often do you consume alcoholic beverages -- that is, beer, wine, or liquor -- never, less than 1 day a month, 1 to 3 days a month, 1 to 2 days a week, 3 to 4 days a week, 5 to 6 days a week, or daily?

	Base		Never	Less Than 1 Day a Month	1-3 Days a Month	1-2 Days a Week	3-4 Days a Week	5-6 Days a Week	Daily	Not Sure	Refused
Total	1254	%	33	14	19	19	7	2	5	-	-
Age											
18-24 years	188	%	24	12	23	29	8	2	2	-	-
25-34 years	291	%	19	17	24	26	9	2	3	-	-
35-49 years	342	%	31	17	19	18	7	2	6	-	-
50-64 years	249	%	44	11	15	14	6	2	8	-	-
65 and over	179	%	55	12	14	9	4	2	5	-	-
Sex											
Male	629	%	24	11	19	26	10	3	8	-	-
Female	625	%	42	16	19	14	5	1	2	-	-
Education											
Some high school	220	%	51	11	13	14	5	1	5	-	-
High school graduate	439	%	32	17	19	21	6	2	4	-	-
Some college	219	%	23	15	28	21	7	2	5	-	-
College graduate or more	376	%	21	12	22	22	12	4	8	-	-
Income											
$7,500 or less	154	%	47	7	22	17	4	-	3	-	-
$7,501-$15,000	188	%	36	20	19	13	4	3	5	-	-
$15,001-$25,000	234	%	29	16	20	22	5	2	4	-	-
$25,001-$35,000	229	%	24	18	22	20	7	2	6	-	-
$35,001-$50,000	188	%	24	13	17	26	11	3	6	-	-
$50,001 or over	126	%	16	7	21	27	17	5	6	-	-
Race											
White	1065	%	33	14	18	20	7	2	5	-	-
Black	108	%	39	14	25	14	6	-	2	-	-
Hispanic	81	%	33	15	21	21	6	2	3	-	-
Size of Place											
Urban	380	%	32	15	18	18	9	2	5	-	-
Suburban	574	%	29	12	21	22	8	3	5	-	-
Rural	300	%	43	16	16	16	5	*	4	-	-

(Continued)

Q.55

Table 66 (Continued)

WHETHER CONSUME ALCOHOLIC BEVERAGES

Base: Total

	Base		Never	Less Than 1 Day a Month	1-3 Days a Month	1-2 Days a Week	3-4 Days a Week	5-6 Days a Week	Daily	Not Sure	Refused
Region											
East	314	%	26	14	22	22	7	3	6	-	-
Midwest	311	%	28	15	23	21	7	2	5	-	-
South	389	%	44	14	15	17	6	1	4	-	-
West	240	%	31	12	17	18	12	4	6	-	-
Religion											
Protestant	727	%	40	14	19	15	7	1	4	-	-
Catholic	342	%	22	13	22	28	7	3	6	-	-
Generation in U.S.											
First	102	%	21	12	17	26	8	6	9	-	-
Second	343	%	26	15	20	24	9	2	4	-	-
Third or more	772	%	38	14	19	17	7	1	4	-	-
Children in household	474	%	30	15	21	19	8	3	4	-	-
Parents have ever had severe pain	537	%	31	13	22	19	8	3	4	-	-
Use video display terminal	179	%	18	15	27	24	8	3	3	-	-
Employment											
Employed full-time	686	%	25	13	20	25	9	3	5	-	-
Employed part-time	129	%	30	15	22	22	6	1	3	-	-
Unemployed	56	%	44	11	22	9	6	4	4	-	-
Retired	175	%	41	16	16	11	6	2	9	-	-
Occupation											
Homemaker	127	%	52	16	16	10	3	*	2	-	-
Working mother	129	%	33	19	28	14	4	2	1	-	-
Advertising executive	102	%	7	3	12	33	23	13	8	2	-
Floor trader	63	%	5	5	13	33	19	6	19	-	-
Professional/managerial/proprietor	293	%	20	11	23	26	10	4	5	-	-
Clerical/sales/service	281	%	27	16	21	23	8	1	5	-	-
Skilled labor	136	%	25	11	18	27	10	2	6	-	-
Unskilled labor	83	%	32	16	20	20	10	1	2	-	-

(Continued)

Q.55

Table 66 (Continued)

WHETHER CONSUME ALCOHOLIC BEVERAGES

Base: Total

	Base		Never	Less Than 1 Day a Month	1-3 Days a Month	1-2 Days a Week	3-4 Days a Week	5-6 Days a Week	Daily	Not Sure	Refused
Self-Reported Stress											
Low	641	%	36	16	17	19	6	1	5	-	-
Medium	498	%	30	12	21	19	9	3	5	-	-
High	103	%	22	12	24	25	9	2	6	-	-
Hassles Scale											
Low	442	%	37	14	18	18	6	2	5	-	-
Medium	434	%	31	12	19	23	8	1	5	-	-
High	378	%	31	17	21	17	7	3	4	-	-
Internal Health Locus of Control											
Low	448	%	40	15	18	16	5	2	5	-	-
Medium	362	%	30	14	21	20	8	2	4	-	-
High	444	%	29	13	18	23	9	2	6	-	-
Powerful Others Health Locus of Control											
Low	456	%	30	13	21	20	7	3	6	-	-
Medium	426	%	30	11	21	22	9	2	6	-	-
High	372	%	41	18	16	16	6	1	3	-	-
Chance Health Locus of Control											
Low	479	%	29	14	23	18	8	2	5	-	-
Medium	455	%	32	15	18	22	6	2	5	-	-
High	320	%	41	13	15	18	8	2	4	-	-
Pains											
Headaches	248	%	27	19	20	22	7	2	3	-	-
Backaches	223	%	35	14	21	12	9	3	5	-	-
Muscle pains	92	%	29	10	24	25	8	1	3	-	-
Joint pains	177	%	41	12	14	19	6	3	5	-	-
Stomach pains	90	%	27	9	19	28	8	1	7	-	-
Premenstrual or menstrual pains	46	%	22	20	30	18	4	4	3	-	-
Dental pains	38	%	21	13	29	25	6	3	2	-	-

(Continued)

Q.55

Table 66 (Continued)

WHETHER CONSUME ALCOHOLIC BEVERAGES

Base: Total

	Base		Never	Less Than 1 Day a Month	1-3 Days a Month	1-2 Days a Week	3-4 Days a Week	5-6 Days a Week	Daily	Not Sure	Refused
Professional											
See a professional	793	%	32	14	20	19	7	2	4	-	-
Don't see a professional	121	%	25	13	22	25	9	2	4	-	-
Take Non-Prescription Drugs for Pain	913	%	33	14	19	19	8	2	4	-	-
Severity of Pains											
Slight	198	%	32	14	15	20	12	3	5	-	-
Moderate	378	%	27	13	22	24	8	2	4	-	-
Severe	227	%	32	13	26	19	4	4	3	-	-
Unbearable	91	%	43	20	16	12	4	-	5	-	-

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*Less than 0.5%.

Q.56

Table 67

AMOUNTS OF ALCOHOLIC BEVERAGES CONSUMED

Base: Those who consume alcoholic beverages

Q.: On a day when you do drink alcoholic beverages, on average, how many drinks do you have? By a "drink" we mean a drink with a shot of hard liquor, a can or bottle of beer, or a glass of wine.

	Base		1 Drink	2 Drinks	3 Drinks	4 Drinks	5 or More Drinks	Not Sure	Refused
Total	868	%	32	31	15	8	13	*	*
Age									
18-24 years	150	%	23	19	20	10	28	-	-
25-34 years	237	%	26	33	17	8	14	*	*
35-49 years	247	%	37	33	13	8	8	-	-
50-64 years	148	%	39	38	13	5	4	1	-
65 and over	85	%	44	37	7	3	6	2	-
Sex									
Male	494	%	26	31	14	10	19	*	-
Female	374	%	40	32	16	5	6	1	*
Education									
Some high school	103	%	34	18	14	12	20	2	-
High school graduate	297	%	30	34	17	7	12	-	-
Some college	167	%	34	31	13	6	16	-	-
College graduate or more	301	%	33	38	15	6	8	*	*
Income									
$7,500 or less	79	%	32	16	18	14	21	-	-
$7,501-$15,000	121	%	36	27	16	6	14	1	-
$15,001-$25,000	167	%	24	38	17	7	13	1	-
$25,001-$35,000	175	%	38	31	15	7	8	1	-
$35,001-$50,000	146	%	39	38	12	5	15	-	1
$50,001 or over	108	%	31	36	16	11	7	-	-
Race									
White	747	%	31	32	15	8	14	1	*
Black	65	%	40	31	18	5	7	-	-
Hispanic	56	%	40	23	16	10	11	-	-
Size of Place									
Urban	266	%	31	30	18	8	12	-	-
Suburban	423	%	34	33	15	7	11	1	-
Rural	179	%	32	30	11	8	19	-	*

(Continued)

Q.56

Table 67 (Continued)

AMOUNTS OF ALCOHOLIC BEVERAGES CONSUMED

Base: Those who consume alcoholic beverages

	Base		1 Drink	2 Drinks	3 Drinks	4 Drinks	5 or More Drinks	Not Sure	Refused
Region									
East	238	%	36	31	16	6	11	1	-
Midwest	230	%	26	33	16	11	13	*	*
South	230	%	31	31	15	5	18	-	-
West	170	%	38	31	12	8	9	1	-
Religion									
Protestant	459	%	34	34	14	7	11	*	*
Catholic	271	%	27	34	16	8	14	1	-
Generation in U.S.									
First	83	%	44	31	7	3	13	2	-
Second	257	%	29	33	17	10	11	*	-
Third or more	503	%	33	30	16	8	13	*	*
Children in household	345	%	33	30	15	7	15	-	-
Parents have ever had severe pain	382	%	31	30	18	7	14	1	-
Use video display terminal	146	%	35	28	21	5	12	-	-
Employment									
Employed full-time	527	%	29	31	15	9	16	*	*
Employed part-time	92	%	34	27	21	5	13	-	-
Unemployed	33	%	22	16	36	8	18	-	-
Retired	105	%	42	37	9	3	5	3	-
Occupation									
Homemaker	64	%	42	41	9	6	3	-	-
Working mother	89	%	40	34	11	3	11	-	-
Advertising executive	95	%	32	37	23	4	4	-	-
Floor trader	60	%	10	30	33	10	15	2	-
Professional/managerial/proprietor	235	%	34	35	16	7	8	1	1
Clerical/sales/service	208	%	35	29	15	9	12	-	-
Skilled labor	105	%	20	32	15	13	20	-	-
Unskilled labor	57	%	21	18	20	8	33	-	-

(Continued)

Q.56

Table 67 (Continued)

AMOUNTS OF ALCOHOLIC BEVERAGES CONSUMED

Base: Those who consume alcoholic beverages

	Base		1 Drink	2 Drinks	3 Drinks	4 Drinks	5 or More Drinks	Not Sure	Refused
Self-Reported Stress									
Low	430	%	32	34	14	7	13	1	-
Medium	357	%	35	30	16	9	11	-	-
High	79	%	24	27	18	5	24	1	1
Hassles Scale									
Low	294	%	34	37	13	4	11	1	-
Medium	308	%	31	29	16	11	12	*	*
High	266	%	33	28	16	7	16	*	-
Internal Health Locus of Control									
Low	283	%	33	34	14	4	14	*	-
Medium	264	%	35	27	16	8	13	-	-
High	321	%	30	32	15	10	13	1	*
Powerful Others Health Locus of Control									
Low	332	%	30	30	17	7	16	-	-
Medium	310	%	28	35	16	9	11	1	*
High	226	%	41	30	11	6	12	1	-
Chance Health Locus of Control									
Low	349	%	31	34	17	7	11	*	-
Medium	324	%	33	31	14	9	12	*	*
High	195	%	33	29	14	6	18	1	-
Pains									
Headaches	185	%	37	29	14	8	11	-	*
Backaches	152	%	33	27	15	9	15	1	-
Muscle pains	67	%	43	24	12	9	13	-	-
Joint pains	112	%	27	39	14	12	8	1	-
Stomach pains	68	%	24	33	19	6	20	-	-
Premenstrual or menstrual pains	35	%	29	28	25	-	18	-	-
Dental pains	31	%	36	28	14	10	13	-	-

(Continued)

Q.56

Table 67 (Continued)

AMOUNTS OF ALCOHOLIC BEVERAGES CONSUMED

Base: Those who consume alcoholic beverages

	Base		1 Drink	2 Drinks	3 Drinks	4 Drinks	5 or More Drinks	Not Sure	Refused
Professional									
See a professional	556	%	34	30	15	8	13	*	*
Don't see a professional	94	%	26	33	15	13	13	-	-
Take Non-Prescription Drugs for Pain	636	%	34	30	17	7	11	*	*
Severity of Pains									
Slight	141	%	32	39	12	7	10	-	1
Moderate	286	%	35	28	15	9	12	*	-
Severe	163	%	27	28	20	10	16	1	-
Unbearable	51	%	40	24	8	7	22	-	-

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*Less than 0.5%.

VII: HEALTH, LEISURE TIME, AND LIFE SATISFACTION

Life Satisfaction

A striking 91% of Americans say they are very or somewhat satisfied with their lives. Similarly, 90% of those Americans with pain for 6 or more days in the last year say they are very or somewhat satisfied with their lives (Table 68).

Large majorities of the various pain groups say they are satisfied with their lives:

-- 95% of joint pain sufferers say they are satisfied;

-- 93% of headache sufferers;

-- 92% of those who suffer dental pain;

-- 89% of those who report backache;

-- 86% of those who suffer muscle pain;

-- 81% of those who report premenstrual or menstrual pain; and

-- 79% of those who suffer stomach pain.

Satisfaction drops, however, as the severity of pain increases. Ninety-four percent of pain sufferers with slight pain and 92% of those with moderate pain say they are very or somewhat satisfied with their lives. Eighty-eight percent of those with severe pain, but only 79% of those with unbearable pain, report being very or somewhat satisfied with their lives.

Job Satisfaction

A respectable majority of adults (68%) say they are very or somewhat satisfied with their jobs, 3% say they are neither satisfied nor dissatisfied, 8% express a great deal or some dissatisfaction, and 21% say they are unemployed (Table 69).

The pattern for Americans with pain for 6 or more days in the last year is almost identical to the population as a whole. Sixty-seven percent say they are very or somewhat satisfied with their jobs, 3% are neither satisfied nor dissatisfied, 9% are very or somewhat dissatisfied, and, again, 21% say they do not work.

Only small percentages in the various pain groups report being very or somewhat dissatisfied with their jobs. More specifically:

- -- 7% of backache and muscle pain sufferers are dissatisfied;
- -- 8% of joint pain sufferers are dissatisfied;
- -- 9% of headache sufferers are dissatisfied;
- -- 10% of those who suffer dental pain are dissatisfied; and
- -- 12% who suffer stomach pain are dissatisfied.

However, a sizable percentage (19%) of those who suffer from premenstrual or menstrual pain register dissatisfaction with their jobs.

Dissatisfaction predictably increases with severity of pain. Only 6% of those with slight pain rate themselves very or somewhat dissatisfied with their jobs, compared with 14% of those with unbearable pain. Even more dramatic are the percentages who say they are not working. Nineteen percent of those with only slight pain say they aren't working, a figure that rises to 37% for those with unbearable pain.

Leisure Time: Hours a Day Spent Watching Television

About one-third (35%) of all Americans watch 3 to 4 hours of television a day. One-quarter (26%) spend 2 hours a day, and another quarter

(22%) spend one hour a day at this activity. Twelve percent watch 5 or more hours of television, whereas only 6% say they never watch (Table 70).

A similar third (35%) of Americans with pain 6 or more days in the last year watch 3 to 4 hours of television a day. One-quarter (26%) spend 2 hours a day and 21% an hour a day watching television. Twelve percent watch 5 or more hours, whereas only 5% say they never watch television.

Regardless of severity of pain, this group shows little variation in the amount of television they watch -- with one exception. Those with unbearable pain (21%) are almost twice as likely as those with slight, moderate, or severe pain (12%) to spend 5 or more hours in front of the television.

Leisure Time: Whether to Socialize With Close Friends, Relatives, or Neighbors

Half (50%) of all Americans socialize more than twice a week. Seventeen percent socialize twice a week, another 17% socialize once a week, 9% socialize 2 to 3 times a month, 3% say once a month, 2% socialize less often than once a month, and 2% say they never socialize at all (Table 71).

Again, the pattern for Americans with pain for 6 or more days in the last year is similar to that for the population at large. Half (50%) of these pain sufferers socialize more than twice a week. Seventeen percent report twice a week, another 17% say once a week, 8% socialize 2 to 3 times a month, and 3% once a month only. Two percent socialize less often than once a month, and 1% say they never socialize. This group shows little variation by severity of pain in the amount of time spent socializing with close friends, relatives, or neighbors.

Sleep Habits

Six Americans out of ten sleep 7 or 8 hours a night, and 2 out of 10 sleep 6 hours a night. Five percent say they sleep 5 hours, and 2% say they sleep less than 5 hours a night. At the other extreme, 6% sleep nine hours, and 4% sleep ten hours or more a night (Table 72).

The pattern is the same for Americans who report having pain for 6 or more days in the last year. Six out of ten (60%) say they sleep 7 or 8 hours a night, and 2 out of 10 (23%) sleep 6 hours a night. Five percent say 5 hours, and 3% say they sleep less than 5 hours a night. At the other extreme, 6% sleep nine hours, and 3% sleep ten hours or more a night.

Those with slight, moderate, and severe pain differ little in their sleep habits. However, those with unbearable pain average less sleep each night: only 4 out of 10 (41%) report 7 or 8 hours of sleep each night, while 3 out of 10 (31%) report 6 hours of sleep. Ten percent sleep 5 hours, and 12% sleep less than 5 hours a night.

Video Display Terminal (VDT) Users

Virtually all VDT users are under the age of 65. They are just as likely to be men (13%) as women (12%). However, they are most likely to be high school graduates and those earning $15,000 or more (Table 73). Those who suffer from various types of pain differ in their incidence of VDT use:

-- 25% of those who report dental pain work with a VDT;

-- 21% of premenstrual or menstrual pain sufferers work with a VDT;

-- 19% of those with stomach pain work with a VDT;

-- 15% of those who suffer from headaches use a VDT;

-- 14% with muscle pain use a VDT;

-- 11% with backaches use a VDT; and

-- 5% with joint pain use a VDT.

Those with slight (14%), moderate (13%), and severe (19%) pain are equally likely to work with video display terminals. However, the likelihood drops for those with unbearable pain: only 5% of this group say they work with video display terminals.

Self-Reported Health Status

Over half (57%) of all Americans rate their health as "excellent" or "very good." Twenty-six percent rate their health as "good," with 17% rating their health as only "fair" or "poor" (Table 74).

The pattern is similar again for Americans with pain for 6 or more days in the last year. Over half (54%) rate their health as "excellent" or "very good" whereas 27% rate their health as "good," and 19% rate their health as only "fair" or "poor."

However, large differences emerge within pain groups in self-reported health status. Among the different groups, those who rate their health as only "fair" or "poor" include:

-- 4% of dental pain sufferers;

-- 9% of premenstrual or menstrual pain sufferers;

-- 13% of muscle pain sufferers;

-- 14% of headache and stomach pain sufferers;

-- 26% of backache sufferers; and

-- 30% of joint pain sufferers.

Among those rating the severity of their pain, the following describe their health as only "fair" or "poor":

-- 11% of those with slight pain;

-- 15% of those with moderate pain;

-- 20% of those with severe pain; and

-- 43% of those with unbearable pain.

Number of Visits With a Doctor in the Past Year

Four Americans in ten (43%) have been to a doctor once or less often during the past year. Nineteen percent have been to a doctor twice, 10% have been to a doctor three times, and 28% report four or more visits (Table 75).

However, Americans with pain for 6 or more days in the last year have seen a doctor more often in the last year than have Americans as a whole. Thirty-eight percent have been to a doctor once or less often, but 18% have been to a doctor twice, 10% have been to a doctor three times, and 33% have had four or more visits in the past year.

Pain sufferers who have been to the doctor's 4 or more times in the last year include:

-- 43% of those who suffer joint pain;

-- 38% of those with backache;

-- 32% of those with stomach pain;

-- 31% of those with muscle pain;

-- 30% of those with premenstrual or menstrual pain;

-- 25% of those with headache; and

-- 24% of those with dental pain.

As for severity of pain, those who have seen a doctor about their health 4 or more times in the last year include:

-- 45% of those who report unbearable pain;

-- 37% of those with severe pain;

-- 32% of those with moderate pain; and

-- 26% of those with slight pain.

Sources of Health Care Information

For most Americans (91%), a doctor is considered a very or somewhat important source of health care information. At least 6 in 10 say a pharmacist (66%) or health stories in newspapers or magazines (61%) are very or somewhat important. Five out of 10 (53%) say friends and neighbors are important sources (Table 76).

Older people, women, and those with the lowest education and income are more likely than others to rate all four sources of health care information as very important. Blacks are also more likely than whites and Hispanics to rate these sources as very important. Strong believers in "powerful others" and "chance" as factors in health are more likely than those without such beliefs to rate these four sources of health care information as very important (Table 77).

Interestingly, those with severe or unbearable pain are more likely than those with slight or moderate pain to rate a doctor as an important source of health care information. Those with unbearable pain are more likely than those with less severe pain to rate a pharmacist or friends and neighbors as very important sources. However, ratings of health stories in newspapers and magazines vary only slightly by severity of pain.

Observation:

As mentioned in Chapter VI, an important caveat to remember is that the correlations described are not meant to refer to "cause and effect" relationships.

Q.44

Table 68

OVERALL LIFE SATISFACTION

Base: Total

Q.: How satisfied are you with life in general?

	Base		Very Satis-fied	Some-what Satis-fied	Neither Satis-fied Nor Dissat-isfied	Some-what Dissat-isfied	Very Dissat-isfied	Refused	Not Sure
Total	1254	%	63	28	1	4	2	*	1
Age									
18-24 years	188	%	53	38	2	4	1	-	1
25-34 years	291	%	59	34	2	4	2	-	-
35-49 years	342	%	62	28	1	6	3	*	-
50-64 years	249	%	73	18	1	4	3	-	*
65 and over	179	%	72	21	2	4	1	*	2
Sex									
Male	629	%	66	27	2	4	1	*	*
Female	625	%	61	29	1	5	3	*	1
Education									
Some high school	220	%	66	22	1	5	4	-	1
High school graduate	439	%	61	30	2	4	2	-	1
Some college	219	%	56	36	1	5	1	1	*
College graduate or more	376	%	68	27	1	3	*	*	-
Income									
$7,500 or less	154	%	47	39	2	7	4	-	2
$7,501-$15,000	188	%	64	28	1	3	3	-	1
$15,001-$25,000	234	%	65	26	2	4	3	-	*
$25,001-$35,000	229	%	66	28	1	5	1	-	-
$35,001-$50,000	188	%	69	26	1	3	1	*	-
$50,001 or over	126	%	73	20	3	3	*	-	-
Race									
White	1065	%	64	27	1	5	2	*	*
Black	108	%	58	36	1	3	2	-	1
Hispanic	81	%	62	28	3	6	2	-	-
Size of Place									
Urban	380	%	60	34	1	5	1	*	*
Suburban	574	%	63	29	2	4	2	*	*
Rural	300	%	69	19	2	6	3	-	2

(Continued)

Q.44

Table 68 (Continued)

OVERALL LIFE SATISFACTION

Base: Total

	Base		Very Satisfied	Somewhat Satisfied	Neither Satisfied Nor Dissatisfied	Somewhat Dissatisfied	Very Dissatisfied	Refused	Not Sure
Region									
East	314	%	65	26	1	6	1	1	*
Midwest	311	%	57	35	2	4	2	-	-
South	389	%	68	25	1	3	3	-	1
West	240	%	62	27	2	5	2	-	1
Religion									
Protestant	727	%	66	27	1	3	2	-	1
Catholic	342	%	64	27	1	5	2	*	-
Generation in U.S.									
First	102	%	71	21	4	1	4	-	-
Second	343	%	59	32	2	5	1	-	*
Third or more	772	%	64	28	1	5	2	*	1
Children in household	474	%	64	29	2	3	2	*	-
Parents have ever had severe pain	537	%	59	31	1	5	3	-	1
Use video display terminal	179	%	57	35	1	6	1	*	-
Employment									
Employed full-time	686	%	62	30	2	4	1	*	*
Employed part-time	129	%	55	36	2	6	2	-	-
Unemployed	56	%	55	27	-	14	3	-	2
Retired	175	%	74	20	*	3	1	*	1
Occupation									
Homemaker	127	%	70	23	1	1	3	*	-
Working mother	129	%	57	35	1	3	4	-	-
Advertising executive	102	%	47	43	1	9	-	-	-
Floor trader	63	%	76	22	-	2	-	-	-
Professional/managerial/proprietor	293	%	67	26	1	4	1	*	-
Clerical/sales/service	281	%	57	34	1	5	2	-	*
Skilled labor	136	%	58	34	3	5	-	-	-
Unskilled labor	83	%	62	33	3	-	2	-	-
Self-Reported Stress									
Low	641	%	74	21	*	2	1	*	*
Medium	498	%	55	36	2	5	1	-	*
High	103	%	32	36	5	12	14	-	2

(Continued)

Q.44

Table 68 (Continued)

OVERALL LIFE SATISFACTION

Base: Total

	Base		Very Satisfied	Somewhat Satisfied	Neither Satisfied Nor Dissatisfied	Somewhat Dissatisfied	Very Dissatisfied	Refused	Not Sure
Hassles Scale									
Low	442	%	81	15	1	1	1	*	*
Medium	434	%	66	28	1	3	2	*	1
High	378	%	41	42	3	10	4	-	1
Internal Health Locus of Control									
Low	448	%	55	34	1	5	3	*	1
Medium	362	%	67	27	1	3	1	*	*
High	444	%	69	22	2	5	2	-	1
Powerful Others Health Locus of Control									
Low	456	%	61	29	1	6	2	*	*
Medium	426	%	62	29	2	4	3	-	1
High	372	%	68	25	1	4	2	*	*
Chance Health Locus of Control									
Low	479	%	64	26	1	5	2	*	1
Medium	455	%	62	30	2	4	1	-	*
High	320	%	65	27	1	3	4	*	*
Pains									
Headaches	248	%	57	36	1	4	2	-	-
Backaches	223	%	69	20	2	6	3	-	-
Muscle pains	92	%	55	31	4	5	1	1	2
Joint pains	177	%	59	36	1	1	2	*	2
Stomach pains	90	%	48	31	1	13	5	-	2
Premenstrual or menstrual pains	46	%	57	24	-	12	7	-	-
Dental pains	38	%	55	37	5	-	4	-	-
Professional									
See a professional	793	%	59	30	1	6	3	*	1
Don't see a professional	121	%	62	33	3	2	-	-	-
Take Non-Prescription Drugs for Pain	913	%	63	28	1	5	2	*	*
Severity of Pains									
Slight	198	%	73	21	-	6	1	-	-
Moderate	378	%	61	31	2	4	2	*	-
Severe	227	%	53	35	2	7	2	-	1
Unbearable	91	%	43	36	3	3	12	-	2

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*Less than 0.5%.

Q.45

Table 69

OVERALL JOB SATISFACTION

Base: Total

Q.: How satisfied are you with your job -- the kind of work you do? Are you very satisfied, somewhat satisfied, neither satisfied nor dissatisfied, somewhat dissatisfied, or very dissatisfied?

	Base		Very Satisfied	Somewhat Satisfied	Neither Satisfied Nor Dissatisfied	Somewhat Dissatisfied	Very Dissatisfied	Not Applicable/ Do Not Work	Refused	Not Sure
Total	1254	%	41	27	3	5	3	21	*	*
Age										
18-24 years	188	%	39	33	6	6	4	11	-	*
25-34 years	291	%	45	36	4	7	2	6	-	-
35-49 years	342	%	46	32	2	7	4	9	-	-
50-64 years	249	%	47	21	1	3	2	27	-	-
65 and over	179	%	25	7	1	1	1	65	*	1
Sex										
Male	629	%	45	29	2	6	2	16	-	*
Female	625	%	38	25	3	4	3	26	*	*
Education										
Some high school	220	%	34	20	2	4	3	37	-	*
High school graduate	439	%	43	28	3	5	3	18	-	-
Some college	219	%	40	29	6	7	3	15	-	*
College graduate or more	376	%	49	32	2	6	1	10	*	-
Income										
$7,500 or less	154	%	29	21	4	5	3	39	-	-
$7,501-$15,000	188	%	31	22	3	10	2	32	-	-
$15,001-$25,000	234	%	48	29	2	4	3	15	*	-
$25,001-$35,000	229	%	45	33	3	6	2	11	-	-
$35,001-$50,000	188	%	49	30	4	6	2	10	-	-
$50,001 or over	126	%	53	29	4	3	2	11	-	1
Race										
White	1065	%	43	27	3	4	2	21	*	*
Black	108	%	32	32	2	10	4	19	-	-
Hispanic	81	%	42	15	8	11	4	21	-	-
Size of Place										
Urban	380	%	35	30	4	6	3	23	-	1
Suburban	574	%	43	27	3	5	3	20	*	-
Rural	300	%	47	24	2	5	2	21	-	-

(Continued)

Q.45

Table 69 (Continued)

OVERALL JOB SATISFACTION

Base: Total

	Base		Very Satisfied	Somewhat Satisfied	Neither Satisfied Nor Dissatisfied	Somewhat Dissatisfied	Very Dissatisfied	Not Applicable/ Do Not Work	Refused	Not Sure
Region										
East	314	%	43	28	1	6	1	21	*	-
Midwest	311	%	39	28	3	4	3	23	-	*
South	389	%	44	25	4	5	3	19	-	-
West	240	%	38	27	3	7	4	20	*	*
Religion										
Protestant	727	%	42	26	2	6	3	21	-	*
Catholic	342	%	41	27	4	4	2	22	*	-
Generation in U.S.										
First	102	%	34	23	-	6	2	35	-	-
Second	343	%	42	29	5	4	2	18	-	-
Third or more	772	%	42	27	3	6	3	20	*	*
Children in household	474	%	47	28	3	7	4	11	*	-
Parents have ever had severe pain	537	%	39	32	3	5	3	19	-	*
Use video display terminal	179	%	44	43	4	3	3	3	-	-
Employment										
Employed full-time	686	%	51	37	3	7	2	*	-	*
Employed part-time	129	%	48	30	8	8	5	2	-	-
Unemployed	56	%	9	28	1	6	8	48	-	-
Retired	175	%	20	4	1	1	2	71	*	1
Occupation										
Homemaker	127	%	44	14	2	1	-	39	*	-
Working mother	129	%	43	36	7	9	4	-	-	-
Advertising executive	102	%	43	41	4	8	4	-	-	-
Floor trader	63	%	78	17	2	2	-	1	-	-
Professional/managerial/ proprietor	293	%	59	32	2	5	1	-	-	-
Clerical/sales/service	281	%	42	43	4	7	3	*	-	-
Skilled labor	136	%	55	32	2	8	3	-	-	*
Unskilled labor	83	%	42	33	10	10	5	-	-	-
Self-Reported Stress										
Low	641	%	47	21	4	3	1	5	*	*
Medium	498	%	37	36	2	7	3	14	-	*
High	103	%	30	25	1	13	7	24	-	-

(Continued)

Q.45

Table 69 (Continued)

OVERALL JOB SATISFACTION

Base: Total

	Base		Very Satisfied	Somewhat Satisfied	Neither Satisfied Nor Dissatisfied	Somewhat Dissatisfied	Very Dissatisfied	Not Applicable/ Do Not Work	Refused	Not Sure
Hassles Scale										
Low	442	%	53	18	1	2	1	24	*	-
Medium	434	%	43	29	2	5	1	18	*	*
High	378	%	27	34	5	9	5	20	-	-
Internal Health Locus of Control										
Low	448	%	35	26	3	6	4	24	*	*
Medium	362	%	43	31	2	5	1	18	*	*
High	444	%	47	24	3	4	2	20	-	-
Powerful Others Health Locus of Control										
Low	456	%	40	30	4	7	4	15	*	*
Medium	426	%	43	25	3	6	2	21	*	-
High	372	%	41	26	1	3	1	27	-	*
Chance Health Locus of Control										
Low	479	%	46	27	2	6	3	16	*	-
Medium	455	%	40	29	3	6	3	18	*	*
High	320	%	37	23	3	3	3	30	-	*
Pains										
Headaches	248	%	38	34	3	7	2	15	-	1
Backaches	223	%	42	23	3	5	2	25	-	-
Muscle pains	92	%	37	32	3	5	2	21	-	-
Joint pains	177	%	43	18	2	6	2	28	*	*
Stomach pains	90	%	33	29	8	5	7	18	-	-
Premenstrual or menstrual pains	46	%	35	35	-	8	11	10	-	-
Dental pains	38	%	28	38	4	10	-	20	-	-
Professional										
See a professional	793	%	39	26	3	6	3	22	*	*
Don't see a professional	121	%	41	37	3	5	1	14	-	-
Take Non-Prescription Drugs for Pain	913	%	41	28	3	6	2	20	*	*
Severity of Pains										
Slight	198	%	44	29	3	4	2	19	-	1
Moderate	378	%	39	31	3	6	3	14	*	-
Severe	227	%	42	26	3	7	2	20	-	-
Unbearable	91	%	27	18	4	8	6	37	-	-

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*Less than 0.5%.

Q.58

Table 70

HOURS A DAY SPENT WATCHING TELEVISION

Base: Total

Q.: Approximately how many hours a day do you spend watching television?

	Base		None	1 Hour	2 Hours	3 to 4 Hours	5 Hours or More
Total	1254	%	6	22	26	35	12
Age							
18-24 years	188	%	9	24	20	33	14
25-34 years	291	%	6	23	27	34	10
35-49 years	342	%	7	26	29	29	8
50-64 years	249	%	5	17	26	39	13
65 and over	179	%	5	17	24	39	15
Sex							
Male	629	%	5	23	28	36	7
Female	625	%	8	21	23	33	15
Education							
Some high school	220	%	6	19	20	36	18
High school graduate	439	%	6	19	28	35	12
Some college	219	%	5	23	23	42	7
College graduate or more	376	%	10	28	30	27	5
Income							
$7,500 or less	154	%	6	17	21	37	19
$7,501-$15,000	188	%	4	13	28	43	13
$15,001-$25,000	234	%	3	21	27	37	12
$25,001-$35,000	229	%	9	26	22	34	10
$35,001-$50,000	188	%	5	29	32	27	7
$50,001 or over	126	%	16	25	29	25	5
Race							
White	1065	%	7	23	26	34	11
Black	108	%	6	13	27	37	17
Hispanic	81	%	4	19	24	43	10
Size of Place							
Urban	380	%	6	20	23	37	13
Suburban	574	%	7	22	27	34	10
Rural	300	%	7	24	25	33	12

(Continued)

Q.58

Table 70 (Continued)

HOURS A DAY SPENT WATCHING TELEVISION

Base: Total

	Base		None	1 Hour	2 Hours	3 to 4 Hours	5 Hours or More
Region							
East	314	%	6	24	22	36	12
Midwest	311	%	6	19	27	33	14
South	389	%	6	21	26	35	11
West	240	%	7	23	27	35	9
Religion							
Protestant	727	%	7	21	25	36	11
Catholic	342	%	5	23	22	35	14
Generation in U.S.							
First	102	%	11	19	25	24	22
Second	343	%	6	22	25	37	11
Third or more	772	%	6	22	26	35	11
Children in household	474	%	7	22	26	34	11
Parents have ever had severe pain	537	%	6	23	28	31	12
Use video display terminal	179	%	7	24	34	29	6
Employment							
Employed full-time	686	%	8	28	29	30	6
Employed part-time	129	%	7	21	23	42	6
Unemployed	56	%	4	16	14	37	28
Retired	175	%	4	13	23	43	17
Occupation							
Homemaker	127	%	6	12	25	33	24
Working mother	129	%	8	30	25	26	10
Advertising executive	102	%	14	42	25	18	1
Floor trader	63	%	3	35	41	21	-
Professional/managerial/proprietor	293	%	8	33	28	29	3
Clerical/sales/service	281	%	8	22	29	33	9
Skilled labor	136	%	3	22	34	34	6
Unskilled labor	83	%	13	29	15	38	5
Self-Reported Stress							
Low	641	%	6	21	26	35	12
Medium	498	%	5	23	26	36	10
High	103	%	14	19	22	29	16

(Continued)

Q.58

Table 70 (Continued)

HOURS A DAY SPENT WATCHING TELEVISION

Base: Total

	Base		None	1 Hour	2 Hours	3 to 4 Hours	5 Hours or More
Hassles Scale							
Low	442	%	6	22	24	37	11
Medium	434	%	8	23	26	34	9
High	378	%	5	21	26	33	14
Internal Health Locus of Control							
Low	448	%	6	18	25	38	13
Medium	362	%	6	22	26	36	10
High	444	%	7	25	26	31	11
Powerful Others Health Locus of Control							
Low	456	%	9	30	25	28	8
Medium	426	%	5	17	27	39	13
High	372	%	6	17	25	38	13
Chance Health Locus of Control							
Low	479	%	7	27	26	30	10
Medium	455	%	6	21	26	37	10
High	320	%	7	17	24	37	15
Pains							
Headaches	248	%	4	20	28	38	11
Backaches	223	%	5	18	26	36	15
Muscle pains	92	%	11	19	20	34	16
Joint pains	177	%	1	22	27	39	11
Stomach pains	90	%	5	29	25	28	13
Premenstrual or menstrual pains	46	%	18	21	24	20	16
Dental pains	38	%	5	29	21	36	9
Professional							
See a professional	793	%	5	21	25	35	13
Don't see a professional	121	%	6	21	29	31	12
Take Non-Prescription Drugs for Pain	913	%	6	22	27	34	12
Severity of Pains							
Slight	198	%	4	22	23	39	12
Moderate	378	%	6	21	27	34	12
Severe	227	%	5	21	27	33	12
Unbearable	91	%	5	21	25	29	21

Q.52

Table 71

WHETHER SOCIALIZE WITH CLOSE FRIENDS, RELATIONS, OR NEIGHBORS

Base: Total

Q.: About how often do you socialize with close friends, relatives, or neighbors?

	Base		More Than Twice a Week	Twice a Week	Once a Week	2 to 3 Times a Month	Once a Month	Less Than Once a Month	Never	Not Sure	Refused
Total	1254	%	50	17	17	9	3	2	2	*	-
Age											
18-24 years	188	%	72	11	9	2	4	1	1	-	-
25-34 years	291	%	43	22	22	9	1	2	-	-	-
35-49 years	342	%	37	17	22	14	5	4	2	-	-
50-64 years	249	%	45	20	18	9	3	2	3	-	-
65 and over	179	%	59	14	12	7	2	2	3	1	-
Sex											
Male	629	%	47	17	19	8	4	3	2	*	-
Female	625	%	52	17	16	9	2	2	2	*	-
Education											
Some high school	220	%	57	14	12	8	2	3	4	1	-
High school graduate	439	%	45	22	19	7	4	2	1	-	-
Some college	219	%	60	12	17	6	3	1	*	-	-
College graduate or more	376	%	43	16	21	14	2	2	1	*	-
Income											
$7,500 or less	154	%	57	15	12	8	2	3	3	-	-
$7,501-$15,000	188	%	50	20	17	10	2	1	1	-	-
$15,001-$25,000	234	%	51	19	17	7	3	3	1	-	-
$25,001-$35,000	229	%	40	19	22	11	2	3	2	-	-
$35,001-$50,000	188	%	48	15	18	9	6	3	1	-	-
$50,001 or over	126	%	47	18	20	9	5	1	1	-	-
Race											
White	1065	%	50	18	17	8	3	2	2	*	-
Black	108	%	40	18	15	18	4	3	2	-	-
Hispanic	81	%	62	11	19	4	2	2	1	-	-
Size of Place											
Urban	380	%	50	15	15	10	4	4	2	-	-
Suburban	574	%	49	18	18	9	3	1	2	*	-
Rural	300	%	50	19	18	6	3	3	1	1	-

(Continued)

Q.52

Table 71 (Continued)

WHETHER SOCIALIZE WITH CLOSE FRIENDS, RELATIONS, OR NEIGHBORS

Base: Total

	Base		More Than Twice a Week	Twice a Week	Once a Week	2 to 3 Times a Month	Once a Month	Less Than Once a Month	Never	Not Sure	Refused
Region											
East	314	%	46	16	18	10	4	4	2	*	-
Midwest	311	%	51	20	16	8	3	*	2	-	-
South	389	%	50	17	17	9	2	3	2	*	-
West	240	%	52	15	19	8	3	2	1	-	-
Religion											
Protestant	727	%	49	18	18	9	2	2	2	*	-
Catholic	342	%	49	17	17	9	5	3	1	-	-
Generation in U.S.											
First	102	%	43	12	21	9	7	4	4	-	-
Second	343	%	54	17	17	8	1	2	*	-	-
Third or more	772	%	49	18	17	9	3	1	2	*	-
Children in household	474	%	46	16	19	12	3	3	1	*	-
Parents have ever had severe pain	537	%	54	16	17	8	3	2	*	*	-
Use video display terminal	179	%	44	15	24	11	3	3	-	-	-
Employment											
Employed full-time	686	%	42	20	21	10	3	2	2	-	-
Employed part-time	129	%	56	13	12	10	2	4	1	1	-
Unemployed	56	%	47	22	9	10	7	3	2	-	-
Retired	175	%	63	11	14	4	3	1	3	-	-
Occupation											
Homemaker	127	%	55	15	16	9	4	1	1	*	-
Working mother	129	%	41	14	22	16	*	2	4	-	-
Advertising executive	102	%	54	22	18	4	2	1	-	-	-
Floor trader	63	%	37	25	21	11	2	3	-	2	-
Professional/managerial/proprietor	293	%	39	20	22	12	3	2	1	-	-
Clerical/sales/service	281	%	45	19	18	10	3	3	1	-	-
Skilled labor	136	%	47	18	19	7	2	4	3	-	-
Unskilled labor	83	%	47	14	19	11	5	2	2	-	-
Self-Reported Stress											
Low	641	%	52	17	15	9	3	2	2	*	-
Medium	498	%	45	20	20	8	3	2	1	-	-
High	103	%	53	10	14	9	5	5	4	-	-

(Continued)

Q.52

Table 71 (Continued)

WHETHER SOCIALIZE WITH CLOSE FRIENDS, RELATIONS, OR NEIGHBORS

Base: Total

	Base		More Than Twice a Week	Twice a Week	Once a Week	2 to 3 Times a Month	Once a Month	Less Than Once a Month	Never	Not Sure	Refused
Hassles Scale											
Low	442	%	51	17	18	8	2	2	2	-	-
Medium	434	%	49	17	18	11	4	2	-	1	-
High	378	%	49	17	16	8	3	4	3	-	-
Internal Health Locus of Control											
Low	448	%	48	17	17	10	3	3	2	*	-
Medium	362	%	50	19	17	8	4	1	1	-	-
High	444	%	51	16	18	8	2	3	2	*	-
Powerful Others Health Locus of Control											
Low	456	%	47	17	17	11	3	2	3	*	-
Medium	426	%	51	16	19	8	3	3	1	-	-
High	372	%	51	19	15	6	4	2	2	*	-
Chance Health Locus of Control											
Low	479	%	48	18	19	10	3	2	1	*	-
Medium	455	%	49	19	16	9	2	3	2	-	-
High	320	%	53	15	17	7	4	2	2	*	-
Pains											
Headaches	248	%	45	19	19	12	2	1	2	-	-
Backaches	223	%	50	16	16	8	3	4	2	-	-
Muscle pains	92	%	61	17	10	4	5	3	1	-	-
Joint pains	177	%	54	17	18	7	2	1	*	*	-
Stomach pains	90	%	57	16	22	2	1	3	-	-	-
Premenstrual or menstrual pains	46	%	45	22	11	19	-	3	-	-	-
Dental pains	38	%	40	17	23	10	7	3	-	-	-
Professional											
See a professional	793	%	52	17	17	8	3	2	1	*	-
Don't see a professional	121	%	42	19	23	12	2	2	-	-	-
Take Non-Prescription Drugs for Pain	913	%	48	18	17	10	2	2	1	*	-
Severity of Pains											
Slight	198	%	51	15	15	13	4	2	1	-	-
Moderate	378	%	48	19	21	7	2	2	1	*	-
Severe	227	%	51	19	18	6	3	3	1	-	-
Unbearable	91	%	52	18	8	13	5	4	1	-	-

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*Less than 0.5%.

Q.54

Table 72

AMOUNT USUALLY SLEEP EACH 24-HOUR DAY

Base: Total

Q.: How many hours do you usually sleep each 24-hour day in total?

	Base		Less Than 5 Hours	5 Hours	6 Hours	7 Hours	8 Hours	9 Hours	10 or More Hours	Not Sure	Refused
Total	1254	%	2	5	22	30	30	6	4	1	-
Age											
18-24 years	188	%	1	4	22	32	25	9	8	-	-
25-34 years	291	%	2	5	23	34	31	4	1	-	-
35-49 years	342	%	4	4	23	33	29	3	3	1	-
50-64 years	249	%	2	7	23	30	29	5	4	1	-
65 and over	179	%	3	3	16	21	38	9	8	2	-
Sex											
Male	629	%	2	5	22	32	29	6	4	-	-
Female	625	%	3	4	22	29	32	5	4	2	-
Education											
Some high school	220	%	4	6	22	24	26	8	7	3	-
High school graduate	439	%	2	3	22	31	33	5	4	-	-
Some college	219	%	2	5	21	36	31	4	1	*	-
College graduate or more	376	%	2	5	20	34	30	6	3	-	-
Income											
$7,500 or less	154	%	3	5	20	25	31	7	9	1	-
$7,501-$15,000	188	%	2	4	18	31	34	6	4	-	-
$15,001-$25,000	234	%	2	4	27	27	32	4	4	1	-
$25,001-$35,000	229	%	1	4	18	36	33	5	3	-	-
$35,001-$50,000	188	%	4	8	23	34	25	5	1	-	-
$50,001 or over	126	%	2	3	24	39	24	4	2	2	-
Race											
White	1065	%	3	3	22	32	31	6	3	1	-
Black	108	%	2	15	23	19	25	5	11	1	-
Hispanic	81	%	3	2	20	26	33	8	7	-	-
Size of Place											
Urban	380	%	2	6	22	28	29	5	5	2	-
Suburban	574	%	3	4	24	32	27	5	3	1	-
Rural	300	%	1	3	17	29	37	8	5	-	-

(Continued)

Q.54

Table 72 (Continued)

AMOUNT USUALLY SLEEP EACH 24-HOUR DAY

Base: Total

	Base		Less Than 5 Hours	5 Hours	6 Hours	7 Hours	8 Hours	9 Hours	10 or More Hours	Not Sure	Refused
Region											
East	314	%	2	5	23	33	25	4	7	2	-
Midwest	311	%	4	5	21	30	35	3	2	*	-
South	389	%	2	5	21	29	29	8	5	1	-
West	240	%	1	2	22	31	33	8	4	-	-
Religion											
Protestant	727	%	2	4	22	28	31	7	5	1	-
Catholic	342	%	4	5	20	34	30	4	3	1	-
Generation in U.S.											
First	102	%	1	2	25	29	31	5	2	4	-
Second	343	%	3	3	20	34	34	4	2	-	-
Third or more	772	%	2	5	22	29	29	6	6	1	-
Children in household	474	%	3	5	23	32	28	6	4	-	-
Parents have ever had severe pain	537	%	3	5	25	31	27	6	4	*	-
Use video display terminal	179	%	1	5	25	38	28	3	1	-	-
Employment											
Employed full-time	686	%	2	6	25	35	26	3	2	1	-
Employed part-time	129	%	3	2	17	33	26	12	5	-	-
Unemployed	56	%	5	3	24	12	31	11	12	2	-
Retired	175	%	2	4	15	23	40	7	9	1	-
Occupation											
Homemaker	127	%	2	2	16	27	44	4	2	2	-
Working mother	129	%	2	4	24	36	24	7	3	-	-
Advertising executive	102	%	3	7	27	35	25	1	1	-	-
Floor trader	63	%	2	5	21	52	17	-	2	2	-
Professional/managerial/ proprietor	293	%	2	5	24	36	29	4	1	-	-
Clerical/sales/service	281	%	1	4	24	34	26	5	4	1	-
Skilled labor	136	%	3	3	24	35	26	5	4	-	-
Unskilled labor	83	%	5	10	21	36	21	4	2	-	-

(Continued)

Q.54

Table 72 (Continued)

AMOUNT USUALLY SLEEP EACH 24-HOUR DAY

Base: Total

	Base		Less Than 5 Hours	5 Hours	6 Hours	7 Hours	8 Hours	9 Hours	10 or More Hours	Not Sure	Refused
Self-Reported Stress											
Low	641	%	2	3	20	29	34	7	5	1	-
Medium	498	%	2	5	22	34	28	5	3	*	-
High	103	%	11	11	34	18	16	3	7	1	-
Hassles Scale											
Low	442	%	1	3	18	32	34	6	4	1	-
Medium	434	%	3	5	22	31	30	5	3	1	-
High	378	%	4	5	25	29	26	5	5	*	-
Internal Health Locus of Control											
Low	448	%	3	5	20	31	30	4	5	*	-
Medium	362	%	1	3	25	32	29	7	3	1	-
High	444	%	3	5	20	28	32	7	4	1	-
Powerful Others Health Locus of Control											
Low	456	%	2	5	22	33	28	5	5	*	-
Medium	426	%	3	4	21	34	29	6	2	*	-
High	372	%	2	5	22	24	34	6	6	2	-
Chance Health Locus of Control											
Low	479	%	2	5	24	30	31	5	3	*	-
Medium	455	%	3	5	22	33	27	5	5	1	-
High	320	%	3	4	19	27	33	7	5	1	-
Pains											
Headaches	248	%	3	6	19	32	32	4	3	-	-
Backaches	223	%	2	6	23	29	28	7	4	1	-
Muscle pains	92	%	-	1	27	33	28	4	6	2	-
Joint pains	177	%	5	3	24	28	29	9	1	1	-
Stomach pains	90	%	1	2	25	43	23	5	1	-	-
Premenstrual or menstrual pains	46	%	-	5	21	29	32	3	10	-	-
Dental pains	38	%	3	13	19	21	34	9	-	-	-

(Continued)

Q.54

Table 72 (Continued)

AMOUNT USUALLY SLEEP EACH 24-HOUR DAY

Base: Total

	Base		Less Than 5 Hours	5 Hours	6 Hours	7 Hours	8 Hours	9 Hours	10 or More Hours	Not Sure	Refused
Professional											
See a professional	793	%	3	5	23	31	29	6	3	1	-
Don't see a professional	121	%	2	4	21	32	34	5	3	-	-
Take Non-Prescription Drugs for Pain	913	%	2	4	23	31	30	5	3	1	-
Severity of Pains											
Slight	198	%	1	5	20	37	29	7	3	-	-
Moderate	378	%	1	4	22	32	32	7	3	-	-
Severe	227	%	2	4	22	32	30	5	4	*	-
Unbearable	91	%	12	10	31	15	26	3	1	1	-

---

*Less than 0.5%.

Q.57

Table 73

WHETHER USE A VIDEO DISPLAY TERMINAL

Base: Total

Q.: At the present time, do you work with a video display terminal on a regular basis, or not?

	Base		Yes, Work With a Video Display Terminal	No, Don't Work With a Video Display Terminal	Refused	Not Sure
Total	1254	%	13	87	-	*
Age						
18-24 years	188	%	14	86	-	-
25-34 years	291	%	21	79	-	-
35-49 years	342	%	17	83	-	*
50-64 years	249	%	6	94	-	*
65 and over	179	%	*	100	-	-
Sex						
Male	629	%	13	87	-	-
Female	625	%	12	88	-	*
Education						
Some high school	220	%	2	97	-	*
High school graduate	439	%	11	89	-	-
Some college	219	%	19	81	-	*
College graduate or more	376	%	24	76	-	-
Income						
$7,500 or less	154	%	7	93	-	-
$7,501-$15,000	188	%	6	94	-	-
$15,001-$25,000	234	%	12	88	-	-
$25,001-$35,000	229	%	18	82	-	-
$35,001-$50,000	188	%	21	79	-	-
$50,001 or over	126	%	19	80	-	1
Race						
White	1065	%	13	87	-	1
Black	108	%	14	85	-	-
Hispanic	81	%	9	91	-	*
Size of Place						
Urban	380	%	16	84	-	-
Suburban	574	%	14	86	-	*
Rural	300	%	7	93	-	*

(Continued)

Q.57

Table 73 (Continued)

WHETHER USE A VIDEO DISPLAY TERMINAL

Base: Total

	Base		Yes, Work With a Video Display Terminal	No, Don't Work With a Video Display Terminal	Refused	Not Sure
Region						
East	314	%	16	84	-	-
Midwest	311	%	14	86	-	-
South	389	%	9	91	-	*
West	240	%	14	86	-	-
Religion						
Protestant	727	%	11	89	-	*
Catholic	342	%	14	86	-	-
Generation in U.S.						
First	102	%	9	91	-	-
Second	343	%	17	83	-	-
Third or more	772	%	11	88	-	*
Children in household	474	%	15	85	-	-
Parents have ever had severe pain	537	%	16	84	-	-
Employment						
Employed full-time	686	%	20	80	-	*
Employed part-time	129	%	12	88	-	-
Unemployed	56	%	4	96	-	-
Retired	175	%	*	100	-	-
Occupation						
Homemaker	127	%	2	98	-	-
Working mother	129	%	24	76	-	-
Advertising executive	102	%	14	86	-	-
Floor trader	63	%	78	22	-	-
Professional/managerial/proprietor	293	%	27	73	-	-
Clerical/sales/service	281	%	22	77	-	*
Skilled labor	136	%	8	92	-	-
Unskilled labor	83	%	7	93	-	-
Self-Reported Stress						
Low	641	%	11	89	-	*
Medium	498	%	15	85	-	-
High	103	%	13	87	-	-

(Continued)

Q.57

Table 73 (Continued)

WHETHER USE A VIDEO DISPLAY TERMINAL

Base: Total

	Base		Yes, Work With a Video Display Terminal	No, Don't Work With a Video Display Terminal	Refused	Not Sure
Hassles Scale						
Low	442	%	10	90	-	-
Medium	434	%	14	85	-	*
High	378	%	14	86	-	-
Internal Health Locus of Control						
Low	448	%	13	87	-	*
Medium	362	%	13	87	-	-
High	444	%	12	88	-	-
Powerful Others Health Locus of Control						
Low	456	%	17	83	-	*
Medium	426	%	12	88	-	-
High	372	%	9	91	-	*
Chance Health Locus of Control						
Low	479	%	17	83	-	*
Medium	455	%	13	87	-	-
High	320	%	7	93	-	*
Pains						
Headaches	248	%	15	84	-	*
Backaches	223	%	11	89	-	-
Muscle pains	92	%	14	86	-	-
Joint pains	177	%	5	94	-	1
Stomach pains	90	%	19	81	-	-
Premenstrual or menstrual pains	46	%	21	79	-	-
Dental pains	38	%	25	75	-	-
Professional						
See a professional	793	%	13	87	-	*
Don't see a professional	121	%	15	84	-	1
Take Non-Prescription Drugs for Pain	913	%	14	86	-	*
Severity of Pains						
Slight	198	%	14	87	-	-
Moderate	378	%	13	87	-	*
Severe	227	%	19	81	-	-
Unbearable	91	%	5	95	-	-

---

*Less than 0.5%.

Q.1

Table 74

SELF-REPORTED HEALTH STATUS

Base: Total

Q.: I'd like to begin by asking some background questions about your own health. Would you say your health is excellent, very good, good, fair, or poor?

	Base		Excellent	Very Good	Good	Fair	Poor	Not Sure	Refused
Total	1254	%	26	31	26	13	4	*	*
Age									
18-24 years	188	%	35	33	23	10	*	-	-
25-34 years	291	%	30	39	25	5	1	-	-
35-49 years	342	%	35	30	23	10	2	-	*
50-64 years	249	%	15	30	26	19	10	-	-
65 and over	179	%	11	21	34	21	12	*	1
Sex									
Male	629	%	29	31	25	11	3	-	*
Female	625	%	24	30	26	14	6	*	*
Education									
Some high school	220	%	14	24	27	23	11	-	1
High school graduate	439	%	25	32	28	12	2	-	-
Some college	219	%	36	33	22	6	2	*	*
College graduate or more	376	%	37	36	22	5	1	-	-
Income									
$7,500 or less	154	%	19	21	32	21	7	-	-
$7,501-$15,000	188	%	18	35	21	20	7	-	-
$15,001-$25,000	234	%	25	34	28	8	5	-	*
$25,001-$35,000	229	%	32	29	28	9	1	-	-
$35,001-$50,000	188	%	39	31	22	8	-	-	-
$50,001 or over	126	%	43	32	20	3	1	-	-
Race									
White	1065	%	27	32	25	12	4	*	*
Black	108	%	21	20	33	17	10	-	-
Hispanic	81	%	24	40	21	11	3	-	-
Size of Place									
Urban	380	%	25	33	26	11	5	*	*
Suburban	574	%	28	32	25	12	3	-	-
Rural	300	%	24	27	27	15	6	-	1

(Continued)

Q.1

Table 74 (Continued)

SELF-REPORTED HEALTH STATUS

Base: Total

	Base		Excellent	Very Good	Good	Fair	Poor	Not Sure	Refused
Region									
East	314	%	24	31	30	13	2	*	-
Midwest	311	%	27	30	27	10	5	-	*
South	389	%	26	29	21	17	6	-	*
West	240	%	28	35	26	9	3	-	-
Religion									
Protestant	727	%	25	30	27	12	5	-	*
Catholic	342	%	28	30	25	13	3	*	*
Generation in U.S.									
First	102	%	20	41	28	7	4	-	-
Second	343	%	30	33	27	9	2	-	-
Third or more	772	%	26	29	25	14	5	-	*
Children in household	474	%	32	30	26	9	2	-	-
Parents have ever had severe pain	537	%	26	29	26	14	5	-	*
Use video display terminal	179	%	30	40	27	2	1	-	-
Employment									
Employed full-time	686	%	31	35	25	8	1	-	-
Employed part-time	129	%	26	29	31	11	1	-	1
Unemployed	56	%	22	36	22	19	2	-	-
Retired	175	%	14	25	32	21	8	*	-
Occupation									
Homemaker	127	%	28	26	23	19	5	-	*
Working mother	129	%	30	34	28	6	1	-	-
Advertising executive	102	%	51	35	12	1	-	-	-
Floor trader	63	%	62	29	10	-	-	-	-
Professional/managerial/proprietor	293	%	37	35	21	5	*	-	-
Clerical/sales/service	281	%	28	34	28	7	3	-	-
Skilled labor	136	%	30	33	28	9	-	-	-
Unskilled labor	83	%	25	33	21	20	2	-	-

(Continued)

Q.1

Table 74 (Continued)

SELF-REPORTED HEALTH STATUS

Base: Total

	Base		Excellent	Very Good	Good	Fair	Poor	Not Sure	Refused
Self-Reported Stress									
Low	641	%	29	31	25	11	3	*	*
Medium	498	%	24	32	26	12	5	-	*
High	103	%	17	25	28	20	10	-	-
Hassles Scale									
Low	442	%	30	33	26	9	2	-	*
Medium	434	%	27	33	23	13	4	*	*
High	378	%	21	26	28	17	8	-	-
Internal Health Locus of Control									
Low	448	%	20	28	27	19	7	*	-
Medium	362	%	27	33	26	11	3	-	*
High	444	%	33	32	25	8	3	-	*
Powerful Others Health Locus of Control									
Low	456	%	29	32	26	11	2	-	-
Medium	426	%	27	32	25	13	3	-	-
High	372	%	22	28	27	14	8	*	1
Chance Health Locus of Control									
Low	479	%	29	32	26	9	3	-	-
Medium	455	%	26	34	23	13	3	-	-
High	320	%	23	25	28	16	7	*	1
Pains									
Headaches	248	%	28	36	23	10	4	-	-
Backaches	223	%	16	27	31	18	8	-	-
Muscle pains	92	%	23	32	31	8	5	1	-
Joint pains	177	%	14	29	27	21	9	-	-
Stomach pains	90	%	17	36	33	10	4	-	-
Premenstrual or menstrual pains	46	%	38	32	20	9	-	-	1
Dental pains	38	%	52	26	18	4	-	-	-

(Continued)

Q.1

Table 74 (Continued)

SELF-REPORTED HEALTH STATUS

Base: Total

	Base		Excellent	Very Good	Good	Fair	Poor	Not Sure	Refused
Professional									
See a professional	793	%	21	30	28	15	6	*	*
Don't see a professional	121	%	32	43	19	6	-	-	-
Take Non-Prescription Drugs for Pain	913	%	25	31	27	12	4	-	*
Severity of Pains									
Slight	198	%	29	34	27	8	3	-	-
Moderate	378	%	23	34	29	12	3	-	-
Severe	227	%	21	35	25	14	6	-	-
Unbearable	91	%	15	14	27	29	14	-	1

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*Less than 0.5%.

Q.48

Table 75

NUMBER OF TIMES HAVE SEEN A DOCTOR IN PAST YEAR

Base: Total

Q.: How many times did you personally see a doctor about your health during the past year?

	Base		1 or Less	Twice	Three	Four or More	Not Sure	Refused
Total	1254	%	43	19	10	28	1	-
Age								
18-24 years	188	%	44	21	12	23	*	-
25-34 years	291	%	44	20	11	24	1	-
35-49 years	342	%	52	16	6	25	1	-
50-64 years	249	%	40	20	9	31	1	-
65 and over	179	%	31	15	12	40	2	-
Sex								
Male	629	%	50	19	9	22	*	-
Female	625	%	36	18	10	34	1	-
Education								
Some high school	220	%	46	10	10	32	1	-
High school graduate	439	%	42	21	10	27	1	-
Some college	219	%	43	23	8	25	1	-
College graduate or more	376	%	40	22	9	28	*	-
Income								
$7,500 or less	154	%	40	17	9	34	1	-
$7,501-$15,000	188	%	43	17	9	30	1	-
$15,001-$25,000	234	%	46	19	10	25	*	-
$25,001-$35,000	229	%	40	21	11	28	1	-
$35,001-$50,000	188	%	46	22	9	23	1	-
$50,001 or over	126	%	42	23	7	27	-	-
Race								
White	1065	%	43	19	9	28	1	-
Black	108	%	39	17	11	31	2	-
Hispanic	81	%	54	19	9	18	-	-
Size of Place								
Urban	380	%	39	18	8	33	1	-
Suburban	574	%	45	20	9	26	*	-
Rural	300	%	44	17	12	26	1	-

(Continued)

Q.48

Table 75 (Continued)

NUMBER OF TIMES HAVE SEEN A DOCTOR IN PAST YEAR

Base: Total

	Base		1 or Less	Twice	Three	Four or More	Not Sure	Refused
Region								
East	314	%	41	18	11	29	1	-
Midwest	311	%	44	17	9	29	*	-
South	389	%	42	19	10	28	1	-
West	240	%	48	19	8	25	-	-
Religion								
Protestant	727	%	42	16	10	30	1	-
Catholic	342	%	42	24	9	25	*	-
Generation in U.S.								
First	102	%	38	25	6	31	-	-
Second	343	%	41	23	8	28	1	-
Third or more	772	%	45	16	11	27	1	-
Children in household	474	%	50	18	7	25	*	-
Parents have ever had severe pain	537	%	38	20	10	31	1	-
Use video display terminal	179	%	44	20	11	25	*	-
Employment								
Employed full-time	686	%	51	19	9	20	1	-
Employed part-time	129	%	48	15	6	31	*	-
Unemployed	56	%	29	21	17	33	-	-
Retired	175	%	34	19	10	36	1	-
Occupation								
Homemaker	127	%	35	17	13	33	2	-
Working mother	129	%	46	18	9	28	-	-
Advertising executive	102	%	44	25	13	19	-	-
Floor trader	63	%	52	29	6	13	-	-
Professional/managerial/ proprietor	293	%	46	21	8	25	1	-
Clerical/sales/service	281	%	44	20	10	26	1	-
Skilled labor	136	%	63	13	9	14	-	-
Unskilled labor	83	%	56	21	8	14	1	-

(Continued)

Q.48

Table 75 (Continued)

NUMBER OF TIMES HAVE SEEN A DOCTOR IN PAST YEAR

Base: Total

	Base		1 or Less	Twice	Three	Four or More	Not Sure	Refused
Self-Reported Stress								
Low	641	%	47	19	8	26	1	-
Medium	498	%	39	19	12	29	*	-
High	103	%	38	17	9	36	1	-
Hassles Scale								
Low	442	%	50	19	7	23	*	-
Medium	434	%	43	23	8	25	1	-
High	378	%	35	13	14	37	1	-
Internal Health Locus of Control								
Low	448	%	36	18	11	33	1	-
Medium	362	%	43	19	9	28	1	-
High	444	%	50	19	8	23	*	-
Powerful Others Health Locus of Control								
Low	456	%	49	17	10	24	1	-
Medium	426	%	44	22	6	27	1	-
High	372	%	36	17	12	33	1	-
Chance Health Locus of Control								
Low	479	%	41	19	10	29	*	-
Medium	455	%	46	21	8	23	1	-
High	320	%	42	15	10	32	1	-
Pains								
Headaches	248	%	44	21	10	25	-	-
Backaches	223	%	31	20	9	38	2	-
Muscle pains	92	%	46	12	10	31	1	-
Joint pains	177	%	32	15	9	43	1	-
Stomach pains	90	%	40	18	10	32	-	-
Premenstrual or menstrual pains	46	%	30	17	23	30	-	-
Dental pains	38	%	49	21	7	24	-	-

(Continued)

Q.48

Table 75 (Continued)

NUMBER OF TIMES HAVE SEEN A DOCTOR IN PAST YEAR

Base: Total

	Base		1 or Less	Twice	Three	Four or More	Not Sure	Refused
Professional								
See a professional	793	%	35	17	11	36	1	-
Don't see a professional	121	%	56	22	7	15	-	-
Take Non-Prescription Drugs for Pain	913	%	41	18	11	29	1	-
Severity of Pains								
Slight	198	%	51	16	7	26	1	-
Moderate	378	%	41	19	8	32	*	-
Severe	227	%	26	22	16	37	1	-
Unbearable	91	%	31	9	13	45	2	-

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*Less than 0.5%.

Table 76

SOURCES OF HEALTH CARE INFORMATION

Base: Total

Base: 1254	Doctor %	Pharmacist %	Friends and Neighbors %	Health Stories in Newspapers and Magazines %
Important	91	66	53	61
Very	65	30	22	16
Somewhat	26	36	31	45
Not Important	7	32	46	38
Not very	5	18	29	24
Not at all	2	14	17	14
Not sure	1	2	1	2

Q.59

Table 77

PROFILE OF PEOPLE WHO CONSIDER DIFFERENT SOURCES OF HEALTH CARE INFORMATION AS VERY IMPORTANT

Base: Total

Q.: When it comes to information about health in general and your medical problems in particular, how important a source do you consider (READ EACH ITEM) -- very important, somewhat important, not very important, or not important at all?

			Percentage Saying "Very Important"			
	Base		Doctor	Pharmacist	Friends and Neighbors	Health Stories in Newspapers and Magazines
Total	1254	%	65	30	22	16
Age						
18-24 years	188	%	54	17	17	8
25-34 years	291	%	55	16	13	15
35-49 years	342	%	67	26	19	17
50-64 years	249	%	75	42	27	20
65 and over	179	%	77	55	41	18
Sex						
Male	629	%	58	22	20	12
Female	625	%	71	37	25	19
Education						
Some high school	220	%	72	51	42	18
High school graduate	439	%	66	27	21	15
Some college	219	%	65	21	13	18
College graduate or more	376	%	56	14	7	14
Income						
$7,500 or less	154	%	71	48	37	23
$7,501-$15,000	188	%	66	33	26	16
$15,001-$25,000	234	%	62	26	20	14
$25,001-$35,000	229	%	57	22	17	14
$35,001-$50,000	188	%	65	24	15	13
$50,001 or over	126	%	67	12	9	11
Race						
White	1065	%	65	27	21	14
Black	108	%	69	52	36	26
Hispanic	81	%	66	25	22	17

(Continued)

Q.59

Table 77 (Continued)

PROFILE OF PEOPLE WHO CONSIDER DIFFERENT SOURCES OF HEALTH CARE INFORMATION AS VERY IMPORTANT

Base: Total

	Base		Percentage Saying "Very Important"			
			Doctor	Pharmacist	Friends and Neighbors	Health Stories in Newspapers and Magazines
Size of Place						
Urban	380	%	66	34	21	21
Suburban	574	%	64	23	19	13
Rural	300	%	66	36	30	15
Region						
East	314	%	68	28	18	17
Midwest	311	%	64	25	20	12
South	389	%	68	40	29	20
West	240	%	58	21	19	11
Religion						
Protestant	727	%	68	33	24	16
Catholic	342	%	68	26	19	16
Generation in U.S.						
First	102	%	71	28	26	16
Second	343	%	61	24	16	14
Third or more	772	%	66	32	24	17
Children in household	474	%	64	25	20	14
Parents have ever had severe pain	537	%	66	27	18	15
Use video display terminal	179	%	52	10	7	16
Employment						
Employed full-time	686	%	61	23	18	13
Employed part-time	129	%	58	26	22	18
Unemployed	56	%	72	25	14	12
Retired	175	%	73	46	38	19

(Continued)

Q.59

Table 77 (Continued)

PROFILE OF PEOPLE WHO CONSIDER DIFFERENT SOURCES OF HEALTH CARE INFORMATION AS VERY IMPORTANT

Base: Total

			Percentage Saying "Very Important"			
	Base		Doctor	Pharmacist	Friends and Neighbors	Health Stories in Newspapers and Magazines
Occupation						
Homemaker	127	%	74	38	25	21
Working mother	129	%	66	30	19	13
Advertising executive	102	%	44	4	6	21
Floor trader	63	%	48	5	11	10
Professional/managerial/ proprietor	293	%	57	17	8	13
Clerical/sales/service	281	%	65	28	22	14
Skilled labor	136	%	57	23	26	11
Unskilled labor	83	%	61	30	27	20
Self-Reported Stress						
Low	641	%	70	33	26	16
Medium	498	%	59	25	18	16
High	103	%	66	28	20	14
Hassles Scale						
Low	442	%	63	30	23	13
Medium	434	%	66	28	22	16
High	378	%	66	31	22	19
Internal Health Locus of Control						
Low	448	%	67	28	22	14
Medium	362	%	64	29	20	13
High	444	%	65	31	24	20
Powerful Others Health Locus of Control						
Low	456	%	48	19	12	12
Medium	426	%	66	25	21	13
High	372	%	83	45	34	23

(Continued)

Q.59

Table 77 (Continued)

PROFILE OF PEOPLE WHO CONSIDER DIFFERENT SOURCES OF HEALTH CARE INFORMATION AS VERY IMPORTANT

Base: Total

			Percentage Saying "Very Important"			
	Base		Doctor	Pharmacist	Friends and Neighbors	Health Stories in Newspapers and Magazines
Chance Health Locus of Control						
Low	479	%	62	22	16	16
Medium	455	%	61	27	19	14
High	320	%	75	42	34	18
Pains						
Headaches	248	%	64	21	16	16
Backaches	223	%	68	31	25	16
Muscle pains	92	%	65	26	17	12
Joint pains	177	%	68	36	27	17
Stomach pains	90	%	55	26	15	14
Premenstrual or menstrual pains	46	%	63	18	19	18
Dental pains	38	%	63	22	22	15
Professional						
See a professional	793	%	66	30	22	16
Don't see a professional	121	%	58	12	12	12
Take Non-Prescription Drugs for Pain	913	%	66	28	21	16
Severity of Pains						
Slight	198	%	63	28	17	11
Moderate	378	%	60	23	19	13
Severe	227	%	70	26	21	20
Unbearable	91	%	72	42	32	17

APPENDIX A: RESEARCH METHOD

The survey, conducted in 1985 for Nuprin, was carried out by means of telephone interviews with 1,254 people 18 years of age or over. Quotas proportionate to Bureau of the Census data were set so that 48% of the respondents were male, 52% female. The sample was statistically constructed by means of a stratified unclustered systematic random selection that allows projections to be made to the entire adult population in the continental United States.

The sample was developed in a multistage process. First, a listing was developed of the latest estimates of the adult population of every state within each region in rank order. Then, a running cumulative total of gross sums was produced. A skip factor was calculated and a random number chosen. Beginning with that random number, sample points were assigned according to where the numbers fell on the running cumulative total of the adult population within the structure. This same procedure was applied to each state within each region to form Primary Sampling Units (PSU's).

At the next stage of selection, one telephone number for each PSU was randomly selected from the regularly updated Harris library of telephone directories. The selected numbers were then altered by dropping the last two digits and replacing them with randomly selected two-digit numbers. These numbers were appended until an interview was complete in each PSU.

The following profile of the sample shows the number of individuals in each subgroup and the weighted proportion of the total sample each group represents. Weighting was applied to education, age, sex, and race figures in order to bring them into line with the actual proportions of the population.

Table 78

PROFILE OF THE SAMPLE

	Number in Sample \#	Unweighted Percentage %	Weighted Percentage %
Region			
East	314	25	25
Midwest	311	25	25
South	389	31	32
West	240	19	18
Size of Place			
Central city	380	30	30
Balance SMSA	574	46	45
Non SMSA	300	24	26
Age			
18-24 years	188	15	18
25-34 years	291	23	23
35-49 years	342	27	24
50-64 years	249	20	19
65 and over	179	14	16
Education			
Some high school	220	18	26
High school graduate or less	439	35	40
Some college	219	17	13
College graduate or more	376	30	22
Sex			
Men	629	50	48
Women	625	50	52
Race			
White	1065	85	83
Black	108	9	11
Hispanic	81	6	6
Income			
$7,500 or less	154	12	15
$7,501-$15,000	188	15	17
$15,001-$25,000	234	19	19
$25,001-$35,000	229	18	17
$35,001-$50,000	188	15	13
$50,001 or more	126	10	8

Additional Samples

In addition to the national cross-section of 1,254 American adults, interviews were conducted with 102 advertising executives and 63 floor traders. Publicly available lists were used to generate the samples.

The first group is based on a random sample of Account Executives and Account Supervisors belonging to advertising agencies located in Manhattan, New York. The second group is based on a random sample of members of the New York Stock Exchange.

Sampling Error

The results achieved from surveys are subject to sampling error. Sampling error is defined as the difference between the results obtained from the sample and those that would have been obtained had the entire relevant population been surveyed. The size of sampling error varies both with the size of the sample and with the percentage giving a particular answer. The following table sets forth the range of error in samples of different sizes at different percentages of response:

Table 79

RECOMMENDED ALLOWANCE FOR SAMPLING ERROR OF PROPORTIONS (PLUS OR MINUS)

Sampling Tolerances (at 95% Confidence Level)
to Use in Evaluating Any Individual Percentage Result

Approximate Sample Size of Any Group Asked Question on Which Survey Result Is Based	Approximate Magnitude of Results				
	Survey Percentage Result at 10% or 90%	Survey Percentage Result at 20% or 80%	Survey Percentage Result at 30% or 70%	Survey Percentage Result at 40% or 60%	Survey Percentage Result at 50%
1,250	2	2	3	3	3
1,000	2	2	3	3	3
500	3	4	4	4	4
300	3	5	5	6	6
200	4	6	6	7	7
100	6	8	9	10	10
50	8	11	13	14	14

Significance of Difference Between Proportions

The difference between the percentage responses given by two independent samples to the same question may or may not be significant. To determine whether or not such a difference is indeed significant, the size of the samples involved and the percentage giving each response must be taken into account. The following table shows the margin of error that must be allowed for different sample sizes at the different percentages of response:

Table 80

SAMPLING ERROR OF DIFFERENCE BETWEEN PROPORTIONS

Sampling Tolerances (at 95% Confidence Level)
to Use in Evaluating Differences Between Two Percentage Results

Approximate Sample Size of Two Groups Asked Question on Which Survey Results Are Based	Approximate Magnitude of Results				
	Survey Percentage Results at 10% or 90%	Survey Percentage Results at 20% or 80%	Survey Percentage Results at 30% or 70%	Survey Percentage Results at 40% or 60%	Survey Percentage Results at 50%
1,250 vs. 1,250	2	3	4	4	4
1,000	2	3	4	4	4
500	3	4	5	5	5
300	4	5	6	6	6
200	4	6	7	7	7
100	6	8	9	10	10
50	8	11	13	14	14
1,000 vs. 1,000	3	4	4	4	4
500	3	4	5	5	5
300	4	5	6	6	6
200	5	6	7	7	8
100	6	8	9	10	10
50	9	11	13	14	14
500 vs. 500	4	4	6	6	6
300	4	6	7	7	7
200	6	7	8	8	8
100	7	9	10	11	11
50	9	12	13	14	15
300 vs. 300	5	6	7	8	8
200	5	7	8	9	9
100	7	9	10	11	11
50	9	12	14	15	15
200 vs. 200	6	8	9	10	10
100	7	10	11	12	12
50	9	12	14	15	15
100 vs. 100	8	11	13	14	14
50	10	14	16	17	17
50 vs. 50	12	16	18	19	20

The Questionnaire

Copies of the questionnaire used are available on request from Nuprin or from Louis Harris and Associates.

APPENDIX B: METHOD FOR CALCULATING LOST WORK DAYS

In order to project lost work days to the total U.S. adult population, the following steps were taken:

1. For each range of days (1-5, 6-10, 11-30, 31-100, 101 or more days) the number of lost work days for each pain category was repercentaged off the total base of 1,254.
2. The repercentaged numbers were multiplied by the total U.S. adult population of 173,992,000. Again, this was done for each pain category, except for premenstrual or menstrual pain, which was multiplied by the total U.S. adult population of women.
3. These numbers were then multiplied by the median of each range. Therefore, those numbers representing a range of 1-5 days were multiplied by 3; those numbers representing a range of 6-10 were multiplied by 8; those numbers representing a range of 11-30 were multiplied by 20.5; those numbers representing 31-100 were multiplied by 65.5, and those numbers representing a range of 101 or more days were multiplied by 233.
4. These numbers were then added together to give a rough estimate of the days lost in each pain category.